

BARCLAY ACADEMY

NEWSLETTER

Friday 22nd March 2024



Dear Parents / Carers

Congratulations to the Year 9 boys' football team for winning the District Cup on Tuesday afternoon. They managed to triumph over Nobel after the game went to penalties. This victory means that the team won the treble – Future Academies champions, District League winners and District Cup winners. I was pleased to be able to host a special tea with the members of the team this morning to praise them for their success.



I was pleased to be able to accompany four of our Year 12 students on a visit to the University of Cambridge on Monday. The main focus of this visit was applying to study Classics at Oxford and Cambridge universities. With so many of our students studying either Latin or Classical Civilisations at Barclay Academy, this is an opportunity that is now available to them.

The school has been a bit quieter for the last two days because Year 10 students have been out on work experience and Year 11 students have been on the revision retreat. My thanks go to all the staff for going on this retreat and ensuring that our students are given that extra preparation for their all-important GCSE exams.

We now only have three and a half days to go until we break up for the Easter holidays. The last day of term will be a non-uniform day to raise money for the Stevenage Community Trust. We will finish at 12 noon as usual on the last day.

Have a lovely weekend.

Best wishes,

Dr Matthew Laban
Executive Principal

NON-UNIFORM DAY

We are having a non-uniform day on Thursday the 28th March in aid of Stevenage Community Trust, with a suggested donation of £1. Sorry for the error in last weeks Newsletter, this can be donated by cash only.

YEAR 7 AND YEAR 8 FARM VISIT

On Friday students from year 7 and 8 went to Church Farm Ardley to explore the farm and the new arrivals ; they were lucky enough to be blessed with good weather and one group were lucky enough to see the beginning of a lamb being born. Both groups displayed excellent behaviour and were amazing when visiting the newborn lambs and pregnant ewes although Mrs Charlwood's naming of the animals could use some improvement!

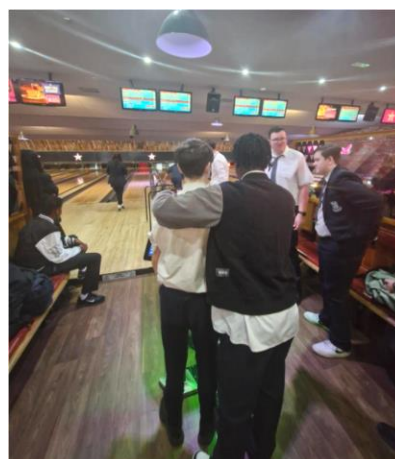


YEAR 11

This week some of the year 11 students have remained in school, they have been working hard completing maths, English and Science as well as taking some time to reflect with Sam from place2be and Miss. Crouch, they looked at understanding emotions, they enjoyed discussing as a group the benefits of a positive mindset, as they lead towards the final few weeks before GCSE exam's we wish them the best of luck.



The year 11 students along with Miss Crouch, Mr Lucas and Mr. Dawe enjoyed a fun afternoon with some of the year 11 students today at Hollywood bowl, this was a nice treat after a week full of revision and lessons, we all had a wonderful time, who knew we had such competitive year 11 students! Well done to Emily-Grace who was the overall winner of the Year 11 students!

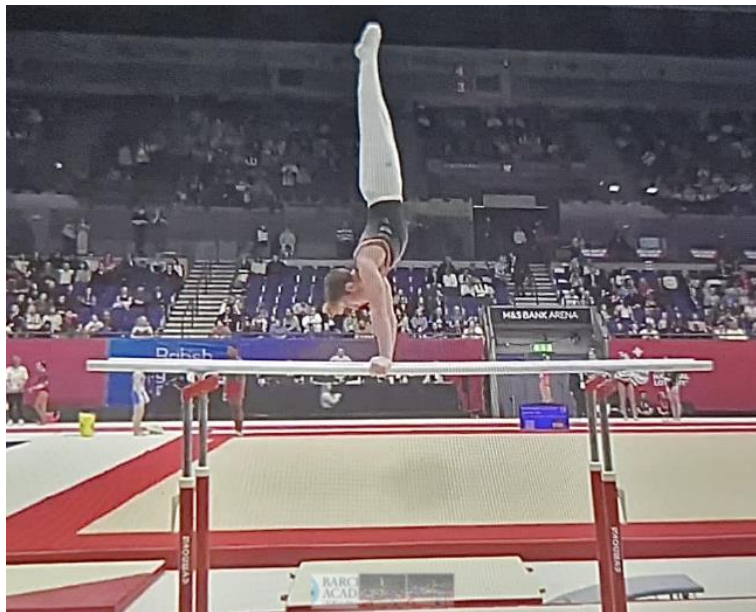


GARDENING CLUB



The Garden Club placed frogspawn brought in by Mrs Sheppard to add to the school pond. Fingers crossed for frogs in a few weeks time!

SPORT



Finley H-C Year 9, qualified for the British championships in Liverpool last weekend where he came 5th in the under 18's Parallel Bar apparatus and finished top 20 in the all around event. Well done Finley!

SPORT



District Cup Winners!

The Year 9 football team has won the 2024 District Cup. They defeated Nobel 6-5 on penalties after the sides had fought out a 2-2 draw.

The team had once again put in a team performance to secure the cup. Nobel had previously beaten Barclay in a league game. Going into this game Barclay were top of the league with Nobel being second. As expected, the opponents started the game by piling on some early pressure. Charlie, Ben and Ethan made some good challenges and clearances. Charlie in the centre of midfield worked tirelessly to shut down the opposition and progress the ball. The team started to grow into the game and put Nobel's backline and goalkeeper under pressure. Shortly after, Alfie R did brilliantly to put Barclay 1-0 up. He received the ball from out wide and skipped past two defenders before calmly slotting the ball into the goal. Barclay continued this momentum; they were unfortunate to not grab a second and they had a goal ruled out for offside. Nobel then equalised after a close-range finish towards the back post. Leo then made a strong tackle outside of the box to prevent the forward from braking through. Shortly after, Barclay had responded by teeing up Alfie to slot in his second goal of the match. The first half-finished 2-1. The second half showed why both teams make up the top two in the league. It was a tight contest and both teams had found it difficult to break down the

oppositions defence. A centre midfield pairing of Charlie and Dylan gave Nobel little space to work with. Throughout the half, Harrison made some great stops and catches to deny Nobel. Nobel's persistence had paid off as they had equalised from close range. Alfie R had once again produced another moment of quality. He made it through the Nobel defence and was unlucky to see his shot go just wide. Nobel had continued to apply pressure but the Barclay defence had kept them at bay. After normal time, the game finished 2-2.

The game had to be decided by a penalty shootout. Both teams had scored their first five penalties. Charlie W, Dylan, Charlie G, Ben and Alfie R were the scorers. Harrison had done brilliantly to save Nobel's sixth penalty. Ethan then scored the winning penalty to secure the District Cup. The team were over the moon and grouped together to celebrate.

It was fantastic to witness the players receiving their winners' medals and celebrate with the trophy. It was great to see so many members of the Barclay community support the team and celebrate their success. Mr Dawe was incredibly proud of the team. The team had continued to grow as the season progressed. They had some setbacks, but the team's determination and spirit got them to this point.

Player of the Match

Harrison G: He produced a series of vital stops to deny Nobel. Harrison was consistently communicating to his team and managed them effectively. In the second half, the team were under a lot of pressure. Harrison's handling and decision making was excellent to give his team a lift. Harrison's remarkable save in the penalty shootout gave Barclay the opportunity to score the decisive penalty.

Player of the competition

Alfie R: He has consistently shown how much of an asset he is for the team. It can be argued that he could be in contention to be player of the match for every game he is involved in. His contribution has played a significant role in the team's success this season. His two strikes today meant he finished the season on 21 goals.

FOOD AND NUTRITION



We are thrilled to share with our parents and carers the exciting culinary journey our KS3 students have embarked on in their Food & Nutrition lessons.

This term, they have delved into the art of bread making, mastering the art of dough preparation.

With newfound knowledge and skill, they have crafted delicious pizzas, each one personalised with their favourite toppings! They have been developing their cutting techniques by employing the claw grip and bridge hold with precision and confidence. Congratulations to our budding chefs on their achievements! Enjoy your well-deserved pizzas!



BARCLAY COMMUNITY



This year, following on from our successful Christmas food collection, we at Barclay would again like to bring some cheer and joy to those less fortunate but this time in the form of Easter Eggs. The collection will run for 2 weeks between the 18-28th March. Either drop off egg/eggs at reception or send in your trustworthy student to deliver them.

STUDENT OF THE WEEK



Congratulations to the following students for being invited to Feast Friday with Dr Laban. To celebrate the recent win for the Year 9 Football team, they have won Feast Friday this week!

Cameron H-C
Louie P
Leo P
Alfie F
Oliver H
Charlie W
Ben R

Gabriel M
Dylan B
Andrew A
Ryan D
Alfie R
Taye N
Michael J

Harrison G- Year 8
Ethan W- Year 8
Charlie G- Year 8
Joshua L- Year 8

PRE – LOVED UNIFORM SHOP

Barclay Academy's Second Hand Uniform Shop opening time is Wednesday 1.30pm - 3pm

Please email admin@barclay.futureacademies.org to check stock levels with the size, requirements and arrange an appointment, which will be on Wednesday between 1.30-3pm to collect. Anyone that would like to donate old reusable uniform please hand into Reception.

DATES FOR YOUR DIARY

Tuesday 26th March – Year 7 Parents' Evening

Thursday 28th March – Last Day of Spring Term

Monday 15th April – Start of Summer Term

Monday 27th to Friday 31st May – Half Term

Tuesday 25th to Friday 28th June – Year 12 Visit to Krakow, Poland

ONLINE SAFETY COURSE FOR PARENTS

Here is the link to the courses for parents.

<https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-11-14>

<https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-14-18>



Hertfordshire
Family Centre
Service

School Nursing

Spring 2024

Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support young people in Hertfordshire mainstream schools.

Ways to contact us

School Nursing Duty line:
0300 123 7572
(Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:



[School nurses in Hertfordshire](https://hertsfamilycentres.org)
(hertsfamilycentres.org)

Social Media



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



CHCT SchoolNursing

Top tips for exam stress

Upcoming exams can cause stress for everyone. Feeling stressed because you can't control the outcome is a normal feeling.

Finding it difficult to concentrate, sleep, feeling irritable and annoyed, feeling run down or unwell and symptoms of anxiety or depression are all signs of exam stress.

Tips to manage exam stress

- **Organisation:** creating a revision timetable and taking regular breaks.
- **Eat well, sleep well.** Avoid energy drinks.
- **Relaxation techniques:** breathing techniques or grounding techniques can help.

Helpful websites

www.healthforteens.co.uk/feelings/exam-stress/exam-stress-just-the-facts/

www.justtalkherts.org

www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787



Special educational needs

The Hertfordshire Local Offer has lots of information about services for you if you have special educational needs and disabilities.

[The Hertfordshire SEND Local Offer](#)

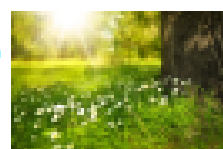
SPACE supports young people who are neurodivergent. Whether you think you may be, are going through the diagnostic process, or have already received a diagnosis, SPACE are here to support you.

[SPACE Hertfordshire](#)



Grounding Skills

This skill helps us to connect to the present and cope with difficult feelings.



Have a go and use your 5 senses

- **5 things you can see** (clock, people)
- **4 things you can feel** (wind blowing, jumper on skin)
- **3 things you can hear** (Birds chirping, traffic, talking)
- **2 things you can smell** (perfume, food, coffee)
- **1 thing you can taste** (toothpaste, food, drink)

Hygiene

Good hygiene is important to stop the spread of germs and to keep our skin and hair healthy.

Handwashing: After using the toilet or preparing food, as well as when hands are visibly dirty, is important.

Hair washing: Whilst over-washing can cause a dry scalp and dandruff, if hair is greasy during adolescence it will need washing more often.

Bathing: Regular bathing ensures your skin stays healthy. For sensitive or dry skin there are specific products to help.

Areas that start to sweat more, such as underarms and the genital area, begin to cause an odour with the onset of puberty. These areas need daily washing.

Oral Hygiene: Cleaning teeth with a fluoride toothpaste at least twice daily is very important, along with regular dental check ups.



Measles

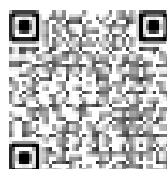
Measles infection is caused by a virus, and spreads between people very easily. Around 1 in 15 people with measles can become seriously unwell.

What are the symptoms of measles?

A high temperature, runny or blocked nose, sneezing, a cough, red sore eyes.

Having the MMR vaccine is the best way to prevent measles.

To find out more, check out the National Measles Guidelines:



(UK Health Security Agency, 2024)



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)



UK Health
Security
Agency

NHS

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.

For more information go to
www.nhs.uk/vaccinations

i mmunisation

Helping to protect everyone, at every age



ORAL HEALTH FOR YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and problems with eating, speaking, playing, learning, smiling and socialising.



Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

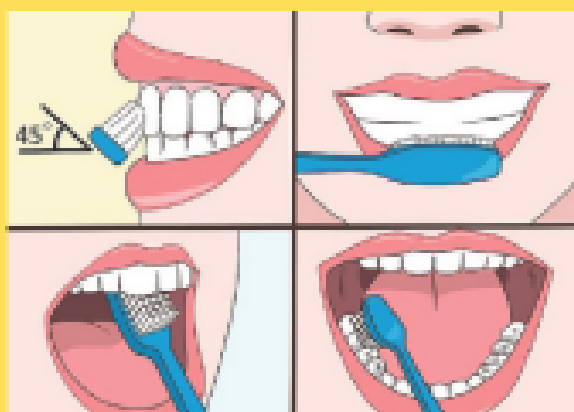
WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19.

HOW TO BRUSH



REDUCE THE RISK OF TOOTH DECAY



- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes



TOP TIPS ✨

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times



- Brush to the beat - why not download the Brush DJ app and brush to your favourite song? ✨
- Set reminders and timers on your phone
- Go electric with an electric toothbrush