



# School Newsletter



## **KWS Newsletter - Issue 66 - 31.3.23**

### **Heads up**

Good to end the term with the full range of values on display-Knowledge, Wellbeing and Success. Knowledge has been covered on a number of levels but the trip to the BETT show for students was enlightening as they looked at what technology and AI have in store for education and schools in

the future. It accompanied other students going on the Future Heroes trip to Hertfordshire University to look at careers across the social care and health sectors. While both of these broadly fall under our Careers month, our knowledge and appreciation of neurodiversity was celebrated with an array of multi-coloured umbrellas suspended in the school entrance. This certainly sparked a lot of interest from students (and will come in handy if the weather continues to be wet!). For more on these, please see below.

As part of wellbeing and our House competitions, the KWS Bake Off saw 15 cakes with the theme of Easter lovingly baked and decorated by students. While successful baking can enhance wellbeing, I focus on cake eating and therefore happily volunteered to be a judge. It was about 7 cakes in that I started to realise I was not going to make it through a full slice of each cake. They were all, however very tasty and I found I had enough space for a couple more mouthfuls of the winning offering. Well done to everyone involved. More below.

Success comes in many different forms-for some it can be on a whole school, County or even national stage. For others, it can be as simple as achieving a personal goal like finishing reading a book or sticking at some hard home learning task and not giving up. At our Achievement Assemblies at the end of each week, we proudly celebrate a whole variety of achievements from individual academic ones through to team, sports and personal accomplishments. On the national level, a massive congratulations to our Yr7 elite boys trampolining team who are the national champions. For more on this, see below.

When we return after the break, our Year 10 students begin their exams. All of the subject exams are based on past GCSE papers and it will give everyone a realistic picture of what is in store when they open their results envelope in the summer of next year. Use the break purposefully, balancing revision with rest and revival.

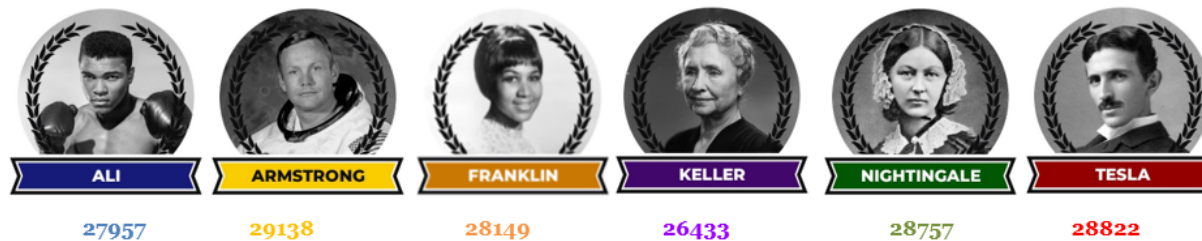
As our 80 students plus staff head off to find snow on our inaugural ski trip, it leaves the rest of us to enjoy a relaxing Easter with lots of Easter eggs.

**Tony Smith**  
**Headteacher**

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## House Points

This weeks house point winner are **Armstrong**. Congratulations!



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## Great KWS Bake off

Thank you to all our Great KWS Bake off bakers! We had 15 entries in total.

Judging took place on Wednesday. Our winner made a fantastic chocolate orange cake - Henry G!







**Mrs Gaydon**

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Dear Students and Families,

We are wishing you a fabulous break and we are sure that having some time to spend together as a family is very much welcomed by both parents and students.

School is closed from the 31st March to the 17th April and school staff may not respond to emails or contact. Therefore, any immediate concerns should be reported to the relevant service (for example the Police or Children's Services). However, the [safe@kwschool.co.uk](mailto:safe@kwschool.co.uk) email is available for non-emergency concerns. This inbox will be checked intermittently by the safeguarding team during the break.

Below are some helpful websites and resources regarding safety and mental health.

**Kooth:**

Kooth is a website we direct students to if they want to talk about their feelings anonymously. Here are their Chat Opening Hours in the blue box below.

Follow [this link](#) for support when it comes to speaking to your teen about their feelings.

**With YOUTH:**

This is a new service providing emotional and wellbeing support for children across Hertfordshire. Please encourage your child to explore it in case they need to talk. Please follow [the link](#) to the website.

**NSPCC and Childline:**

Please follow [the link](#) to information about how to make contact with the NSPCC and Childline. This is in case you have concerns a child may be at risk of abuse or harm. Young people can also make those calls themselves to report concerns.

**Online Safety:**

Young people use smartphones so frequently and confidently that we forget how much access they have to the world through these devices and through social media. Any reminder of this is timely and important.

During this school holiday period, please continue to monitor your child's online activity and talk openly to them about their use of social media. With apps like Snapchat, young people can easily share their location with others and talk to strangers. This can be incredibly dangerous and it is

important we continue to remind our young people about these risks and monitor activity. Please remind them of the responsibility that come with phones and other devices.

### Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

- Ask them what they need**  
It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.  
Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?
- Listen carefully**  
This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.
- Choose your timing wisely**  
Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.
- Think about the setting**  
Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.
- Practice asking open questions (rather than closed ones)**  
Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.
- Think about whether your child feels ready to talk**  
Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.
- Model it**  
Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.
- Get creative**  
We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.
- Take away the intensity**  
It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



**keoth** If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwell.io](https://qwell.io)

**Mrs Aikman**

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**Maths in Action**



Earlier this month, a group of Year 10 students travelled to London to watch an interactive maths show hosted by Maths in Action. Speakers with backgrounds ranging from Academia and Quantitative Trading to Engineering and Space Science gave a series of fascinating talks designed to enhance mathematical understanding, improve problem solving skills and, above all, to raise awareness of the ...

[Read more](#)

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## Creative Writing Period 7

In Creative Writing P7 this half term we have been writing short stories based on the image below. This week we celebrated some fantastic story writing skills with a special session where we shared our work aloud, whilst celebrating our collective genius and eating sweets. Special credits go to Lois, Ellie and Amber, Rayan and Oscar for being brave enough ...

[Read more](#)

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## Future Heroes Trip



A group of Year 8 and 9 students, that are interested in a career in health care or medicine, visited the Future Heroes Expo in Hatfield. Students had the opportunity to meet and talk to various professionals from within the NHS and other health care providers. Their discussions encouraged them to find out about aspects of health care that are ...

[Read more](#)

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## KWS Trampoline Squad

Congratulations to the 4 students that competed at their first ever National Finals Schools Trampoline Competition in Northampton on Saturday 18th March. Will E (Year 9) competed 2 excellent routines in the Years 9-10 Novice category and was placed 12th. The Year 7 Elite boys team of Matthew P, Joshua P and Riley W performed well with some new skills ...



[Read more](#)

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# Advanced Maths Programme Maths Feast

Well done to the Year 10 mathematicians who competed in the Advanced Maths Programme Maths Feast on Monday. Students competed in four rounds of increasingly difficult team maths challenges and performed excellently against some tough opposition. We look forward to trying some of the problems during the advanced maths lunch club. Our teams consisted of Team 10 - Poppy S, Fahtima A, Tom ...

[Read more](#)

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## 'Neurodiversity week and the Umbrella Project.'

This week, we've been celebrating neurodiversity month with a series of whole year assemblies talking about neurodiversity and the amazing things we can achieve when we embrace our differences. The focus was on how everyone is different and that this is a positive thing. You may have also seen our Umbrella Project display (before it was battered by the wind!). This is ...

[Read more](#)

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## HfL Maths Challenge





Congratulations to Thomas C, Joie F, Kenny H, Tapiwa M, Ella P, Willow P, Finlay R and Isla W who competed in the Herts for Learning Year 7 Maths Challenge earlier this month. This maths challenge is a team event in which students compete virtually with other schools to gain points across four rounds, including an estimation and a memory ...

[Read more](#)

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## Sports update

Well done to all sports teams this term. There have been a number of standout teams and also individual performances in gymnastics, basketball, netball and football just to name a few. Last week marked our Inter-House Sports tournaments in football, netball, benchball (due to the weather) and badminton. It was fantastic to see so many students competing for their house ...

[Read more](#)

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## HomeRun App





We are excited to announce that we are partnering with HomeRun App to help parents connect to others living nearby and make journey-sharing easier. The app is a secure, digital platform that will enable you to: Share lifts with nearby families to reduce the time and cost of driving to school Contact other parents securely, sharing personal contact information on a needs-only ...

[Read more](#)

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## Trustee News

The Trustees would like to take this opportunity to wish all our staff and families a very happy Easter holiday. We hope the sun decides to come out to shine at last and that everyone has time to rest and recharge after such a busy term.

As Trustees it has been wonderful to see all the different activities that have taken place this term - from the delicious looking Bake Off, to a whole lot of sporting success, from the impressive musical performances to the teachers having pie thrown in their faces, it has been an action packed few months.

We come into school on a regular basis to meet with staff to discuss different aspects of school life and it is always brilliant to see the enthusiasm of both teachers and students which goes towards making KWS such a positive place to learn. We have also enjoyed being part of the process for planning the new KWS Sixth Form. It's great to see how all the ideas are coming together to ensure that the Sixth Form provides an outstanding experience for everyone in Year 12 and 13. We look forward to being part of all the exciting plans which will be happening next term too.

Happy Holidays Everyone!

The Trustees

## **KWS Vacancies**

Here are our current vacancies:

HR Manager

Library Manager

Cover Supervisor

Head of Business and Economics

Caretaker

## **Katherine Warrington Association of Friends (KWAF)**

If you would like to get involved and support your school's parents' association, please email [kwaf@kwschool.co.uk](mailto:kwaf@kwschool.co.uk) or look out for updates on **Facebook@kwafkws**. If you haven't already done so, please sign up and follow us!

If you have any requests regarding the KWAF second-hand uniform, please email [uniform.kwaf@kwschool.co.uk](mailto:uniform.kwaf@kwschool.co.uk) and not the main KWAF email.

## **Upcoming Events**

Monday 17th April - Start of Term

Monday 17th April to Friday 28th April - Year 10 Mock Exams

Friday 5th May to Sunday 7th May - DofE Silver Practice Expedition

## **Notices to parents/carers**

Year 10 Mock exams  
Year 8 HPV Immunisations

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## **Non KWS Events/Publicity**

### **Catch up clinics**

Our Team is running the following catch-up clinics during Easter. If your child has missed any important vaccinations, please contact the School Aged Immunisation Team at **admin.imms@nhs.net** or 01727 732062 if you would like to book their child into it.

The dates of the clinic are:

Tuesday 11th April St Albans

Wednesday 12th April Hatfield

Thursday 13th April Hemel Hempstead

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DSPL7

Please find attached the Summer term parenting booklet 2023

Click **here** for more information

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**Dacorum and St Albans - Newsletter**



# Welcome! Spring 2023

To our Spring edition of the Schools Stay Safe Newsletter.  
Read on for advice on ways to stay safe for you and your family.

## Be Arson Aware!!

Advice to help you reduce the threat to your home and neighbourhood:

- Reduce access to your property for trespassers and opportunist arsonists.
- Secure your boundary, repair or block gaps in hedges, walls or fences.
- If you have gates close and lock them.
- Secure sheds, garages, and other outbuildings with padlocks or similar.
- Fit external lighting to alert you to intruders.
- Manage your refuse so there are no fuel sources for opportunists. Clear any rubbish from garden, behind sheds etc.
- Store wheelie bins securely, away from property and out of sight.
- Put bins out on collection day only and bring them back in asap.
- Large items like furniture, old vehicles or rubble provide a fuel source, contact your local council for advice on removal of bulky waste.





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- Large items like furniture, old vehicles or rubble provide a fuel source, contact your local council for advice on removal of bulky waste.





### Smoking and Vaping – are you safe?

In recent years, e-cigarettes have become a very popular stop smoking aid in the UK.

However, using the wrong charger can lead to an increased risk of fire.

We strongly recommend the following:

- Buy products from reputable dealers.
- Never leave a vaping device charging unattended, and never leave them charging overnight – especially next to your bed.
- Never use a vaping device close to medical oxygen, flammable emollient creams or airflow mattresses.
- Do not buy counterfeit goods as batteries and/or chargers are unlikely to have overcurrent protection and could lead to batteries exploding.
- Never use damaged equipment or batteries. Fire is not the only risk posed by vaping products and the liquid they contain can be highly toxic.



### Cooking Safely for you and your Family

Leaving your cooking unattended is the biggest cause of kitchen fires. You should consider the following advice to stay safe:

- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out so they don't get knocked off the stove.
- Take care if you're wearing loose clothing as they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking.





## Are you aware of Staywise?

Staywise is an interactive website packed full of fun activities from the UK's leading emergency services and safety-focused organisations, making it easy for you to find trusted activities that provide learning opportunities to help keep you safe.

There's lots to do on there for children and they are learning as they play!



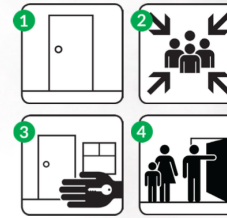
## Have you tested your smoke detector lately?

Do you have a night-time routine?

Would you know how to escape in the unlikely event of a fire?

We encourage you to book yourself a free safe and well visit today. The local station numbers are at the bottom of this newsletter.

Don't forget, the visit is **free!**



If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station:

- **Hemel Hempstead Fire Station**  
01442 867132  
[HemelHempstead.fire@hertfordshire.gov.uk](mailto:HemelHempstead.fire@hertfordshire.gov.uk)
- **St Albans Fire Station**  
01992 507650  
[StAlbans.fire@hertfordshire.gov.uk](mailto:StAlbans.fire@hertfordshire.gov.uk)

-  Hertfordshire Fire and Rescue Service
-  Hertfordshire Fire and Rescue Community Safety
-  [www.hertfordshire.gov.uk/fire](http://www.hertfordshire.gov.uk/fire)

## Cascade Camps



Adventure - Fun - Friendship  
**CascadeCamps**  
 Sports - Multi Activity - Speciality

For Children Aged  
 3-14 years old

**Multi Activity Camps**  
**KATHERINE WARINGTON SCHOOL**  
 (Harpenden)  
*Where the FUN never stops!*

**Performing Arts**    **Zorbs**    **Giant Inflatables**  
**Swimming**    **Assault Course**    **Football**    **Cascade Cubs**  
3-4 year olds  
**Slip N Slide**    **Dance**    **Theatre Workshop**    **Archery Tag**  
**Multi Activity**    **NEW YEAR OFFER!**    **Artists Studio**  
**20% Discount**  
On all bookings made before 12th February  
 (Enter Discount Code: NEWYEAR23 when booking!)  
**Go Karts**    **Bushcraft**

Tax Free Childcare & Childcare Vouchers accepted!  
 Wrap Around Care Options from 8am to 6pm.

[www.cascadecamps.com](http://www.cascadecamps.com)    07395 087250    [info@cascadecamps.com](mailto:info@cascadecamps.com)

Stanborough Park - Watersports

**STANBOROUGH PARK  
WATERSPORTS CENTRE**

RYA Sailing Courses    Paddleboarding  
Kayaking & Canoeing    Rafting  
Birthday Parties    GO Sessions

[www.better.org.uk/  
leisure-centre/welwyn-hatfield/stanborough-park-  
watersports-centre/activities](http://www.better.org.uk/leisure-centre/welwyn-hatfield/stanborough-park-watersports-centre/activities)

**BETTER**

**Harpenden in Bloom 2023**

# HARPENDEN IN BLOOM 2023

## CREATIVE CONTAINER COMPETITION



Can you grown tulips in your teacups  
or water lilies in your wellies?

This competition, open to 4-16  
year olds, is perfect for green  
fingered creative minds! Simply  
send us a photo of your plants  
growing in your unique and  
creative container.

The winners will be presented with a certificate  
and a special prize by The Mayor of Harpenden.

**The small print...**

Planters / containers can be anything you choose and contain any type  
of growing plant.

Photographs should be submitted with your name, age, school and your  
adult's name, phone number and email address\*.

All entries, and enquiries, should be sent to: Harpenden Town Council,  
Town Hall, Leyton Road, Harpenden, AL5 2LX.

Tel: 01582 768278. Email: [harpenden.town.council@harpenden.gov.uk](mailto:harpenden.town.council@harpenden.gov.uk)  
Entries from schools, clubs and groups are welcome.

Information about this and other Harpenden in Bloom competitions  
can be found on our website: [www.harpenden.gov.uk](http://www.harpenden.gov.uk)

Competition  
deadline  
23rd June!

\*By entering this competition, you are agreeing that we can keep your name and contact details for the duration of the Harpenden in Bloom competitions. You can read about our adult / children privacy policy on our website: <https://www.harpenden.gov.uk/the-council/key-financial-and-statutory-documents>



# HARPENDEN IN BLOOM 2023

## MAKE A SCARECROW FROM RECYCLED MATERIALS COMPETITION



Can you make a scarecrow out of recycling? Perhaps an old woolly hat on its head and bottle top for a nose?

This competition, open to 4-16 year olds, is perfect for creative eco-warriors! Simply send us a photo of your scarecrow so we can see how creative with recycling you are!

The winners will be presented with a certificate and a special prize by The Mayor of Harpenden.

**The small print...**

Scarecrows can be created out of any materials but must use as many recycled products as possible.

Photographs should be submitted with your name, age, school, recycled materials used and your adult's name, phone number and email address. All entries, and enquiries, should be sent to: Harpenden Town Council, Town Hall, Leyton Road, Harpenden, AL5 2LX\*.

Tel: 01582 768278. Email: [harpenden.town.council@harpenden.gov.uk](mailto:harpenden.town.council@harpenden.gov.uk)  
Entries from schools, clubs and groups are welcome but children must design and create the scarecrow.

Information about this and other Harpenden in Bloom competitions can be found on our website: [www.harpenden.gov.uk](http://www.harpenden.gov.uk)

Competition  
deadline  
23rd June!

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# HARPENDEN IN BLOOM 2023

## MULTI HEADED SUNFLOWER COMPETITION

**How many heads can you  
grow on your sunflower?**

**Seeds are available from  
the Town Hall - let us know  
if you would like to collect  
some.**



**This competition, open to 4-16 year olds, is perfect for  
green fingered gardeners! Simply send us a photo of your  
plant growing and tell us how many heads it has.**

**The winners will be presented with a certificate  
and a special prize by The Mayor of Harpenden.**

**The small print...**

Sunflowers must be grown in Harpenden; in your own garden,  
allotment, a container, school or other group's garden.  
Photographs should be submitted with your name, age, school, number  
of flower heads and your adult's name, phone number & email address\*.  
All entries, and enquiries, should be sent to: Harpenden Town Council,  
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Entries from schools, clubs and groups are welcome.

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**Competition  
deadline  
8th September!**

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# HARPENDEN IN BLOOM 2023

## TALLEST SUNFLOWER COMPETITION

**Can you grown the tallest  
sunflower in Harpenden?**

**Seeds are available from the  
Town Hall - let us know if you  
would like to collect some.**

**This competition, open to 4-11  
year olds, is perfect for green  
fingered gardeners!**

**Simply send us a photo of your  
entry and tell us how tall it is.**



**The winners will be presented with a certificate and a special  
prize by The Mayor of Harpenden.**

**The small print...**

**Sunflowers must be grown in Harpenden; in your own garden,  
allotment, a container, school or other group's garden.**

**Photographs should be submitted with your name, age, school, height  
of plant and your adult's name, phone number and email address\*.**

**All entries, and enquiries, should be sent to: Harpenden Town Council,  
Town Hall, Leyton Road, Harpenden, AL5 2LX.**

**Tel: 01582 768278. Email: [harpenden.town.council@harpenden.gov.uk](mailto:harpenden.town.council@harpenden.gov.uk)**

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## in St Albans, Harpenden and the villages



You can apply to close your road up to 8 times a year to let residents gather and children play together.

- Give children the freedom to be outdoors & active and make friends on the street.
- Give neighbours a space to meet and build a supportive community.



Find out more on our website or a book one of our

### Free Online Information Sessions

Mon 24th April 10.30am

or

Mon 24th April 8.00pm



[www.sustainablestalbans.org/playing-out](http://www.sustainablestalbans.org/playing-out) | [playingout@sustainablestalbans.org](mailto:playingout@sustainablestalbans.org)



Registered charity no 1173118

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**Harpenden Town Council - Exploring Harpenden Common**









# NEW NATURE TRAILS ON HARPENDEN COMMON



Pick up a leaflet at the  
Town Hall or visit  
[www.harpenden.gov.uk](http://www.harpenden.gov.uk)

The leaflet includes:

-  Four routes
-  Tree trails feature
-  "What to look for" guide
-  Map of the Common



[Unsubscribe](#)

