



## Headlines

It has been a lovely start to the school year - our new Year 7 and Year 12 students have settled in very well and our new staff have fitted in really well. We held a full school assembly everybody looked so smart and eager to get on with the new school year.

I would like to thank all of our primary school colleagues for the exceptional work they have done in preparing their Year 6 students to make such a positive start at secondary school. During the last week I have visited most of our feeder primary schools and discussed with them future initiatives we can introduce which will help support the work of each other. I am delighted to see so many of our new Year 7s taking part in extra-curricular sporting activities, with the all weather sports pitch being a particular hit!

I would ask all parents/carers to encourage their children to get involved and make the most of the extra-curricular opportunities available at Sir Frederic Osborn. Please check the parents/carers section of the school website for dates of events throughout the year.

During the last two weeks we have held information evenings for parents/carers in all year groups and you can read more about those in this edition of Insight. It also provided an opportunity for parents/carers to meet me directly. The commitment from staff to help and support our students was plain for everyone to see and I urge all parents/carers to read the information booklets on the website.

It has been a fantastic start to the year for us and I am really looking forward our Open Evening next week and the Open Mornings the following week so that we can show our school off with pride to the local community. Please do encourage any parents/carers and students in Year 6 to come and see Sir Frederic Osborn for themselves.

Regards

Jed Whelan  
Headteacher



Whole school Assembly in the Sports Centre

## Diary Dates

<i>Mon 21st Sept</i>	<i>Year 11 Charity Week</i>
<i>Thurs 24th Sept</i>	<i>School Closes at 1.05pm</i>
<i>Thurs 24th Sept</i>	<i>Open Evening for prospective students</i>
<i>Fri 25th Sept</i>	<i>European Day of Languages</i>
<i>Mon 28th Sept</i>	<i>Open Morning 9 - 10am for Year 6 parents</i>
<i>Tues 29th Sept</i>	<i>Open Morning 9 - 10am for Year 6 parents</i>
<i>Wed 30th Sept</i>	<i>Open Morning 9 - 10am for Year 6 parents</i>
<i>Wed 30th Sept</i>	<i>Year 8 &amp; 9 French Trip departs</i>
<i>Thurs 1st Oct</i>	<i>Year 7 Meet the Tutor 5.30pm-7pm</i>
<i>Fri 2nd Oct</i>	<i>Year 8 &amp; 9 French Trip returns at 6pm</i>
<i>Fri 9th Oct</i>	<b>INSET Day - School Closed</b>
<i>Fri 16th Oct</i>	<i>Year 7 Kingswood trip departs 9am</i>
<i>Sun 18th Oct</i>	<i>Year 7 Kingswood trip returns 4pm (tbc)</i>
<i>Mon 25th-30th Oct</i>	<b>Half Term</b>
<i>Mon 9th Nov</i>	<i>Year 7 Charity Week</i>
<i>Fri 27th Nov</i>	<b>Occasional Day - School Closed</b>
<i>Mon 30th-11th Dec</i>	<i>Year 11 Mock Exams</i>
<i>Tues 8th Dec</i>	<i>School closes early 1.05pm</i>
<i>Wed 9th Dec</i>	<i>Christmas Dinner</i>
<i>Fri 18th Dec</i>	<i>End of Term 1.00pm</i>

## Sir Frederic Osborn student goes the extra mile

We are delighted to share with you the out of school activities of one of our students who volunteers with St John Ambulance. We are really proud that David Payne 9S wants to serve his local community. This is what he says about his experience at St John Ambulance.

'At St John we don't just do first aid we also do cooking, sports, radio communications, explore St John Ambulance drugs awareness, communication with the deaf and blind and also ambulance awareness. It is also a nice place to go once a week. We go on visits like switching on Christmas lights and school fairs. In the summer holidays we go camping for one week.

If you would like to join St John Ambulance, please visit: [www.sja.org.uk](http://www.sja.org.uk) and click on the Young People section. Fellow students can speak with me at school if they are interested in joining.

David Payne 9S



## Lee Valley White Water Centre

We began our day with a surprise as we pulled up into the water centre. We happened to be parked next to BBC sports presenter Mike Bushell. We had photos with him and GB kayaking team and then got a chance to watch them go down the rapids. Later on that day we went to the café for lunch where lots of athletes were preparing for the World Championships taking place the next day.

We had a canoeing race on automated machines and we had to reach as many metres as we could in 30 seconds. Miss G Ward was third, then Billy Dean 10F claimed second with a distance of 101.4m however couldn't beat Reece Carson 9S who achieved 102.5m. It was then our turn to have a go and we all decided we had to have a race. The race was very slow to start with as it was hard to get used to the course. The winner was Reece who took two victories, Cameron was second and Alex came in third.

Although it was a wet day everyone enjoyed it and enjoyed the chance to see professional athletes in action.

Mr J Baranowski

**PE Subject Leader**



## Student Report

We had the privilege of going to Lee Valley White Water Centre to take part in some flat water canoeing and to watch the elite athletes train for the upcoming World Canoe Slalom Championships the following day.

Although the day started very cold and wet the students were in high spirits from the moment we left the school. As always they were a credit to themselves and the school throughout the day. We held our own canoe slalom championships and the overall winner with a distance of over 200m was Reece Carson in Year 9 followed very closely by Billy Dean in Year 10 and 3<sup>rd</sup> place went to Miss G Ward. We also had the pleasure of meeting Mike Bushell from the BBC news team and the GB canoeist Tim Baillie.

Overall the students and the staff had an absolutely amazing experience which I am sure we will never forget.

**By Alex Harris 9R**

## Student Report - Lee Valley

On 15<sup>th</sup> September 2015, 11 student from Years 8 – 10 embarked on a terrific canoeing experience. Although it was very wet and cold, everyone there had a good time.

The day got off to a great start when we first arrived at Lee Valley park, we met a BBC sport presenter.

After experiencing this outside, we went around the white water rafting course and watched some of the talented athletes go around the course. It was here we also found an advanced technique to finding out if the athletes were famous: by asking them “are you famous?” as they came up the escalator.

All of us then had a canoeing racing event, using a rowing machine. We had two goes each, all in a dramatic race to win the much sort after prize of the Dandelion Cup.

We can reveal exclusively the results of the event:

- ◆ Reece Carson = 201.3
- ◆ Billy Dean = 194.6
- ◆ Miss G Ward = 183.1m
- ◆ Adam Cherry = 170.4m
- ◆ Joshua Pope 169.8
- ◆ Samuel Whale = 169.5
- ◆ Cameron Rowe = 132.4
- ◆ Lewis Bradley= 130.9m
- ◆ Shanay Peddy =127.9m
- ◆ Alex Harris= 122.2m
- ◆ Mia Darling = 82.7m

Congratulations to Reece to winning the Dandelion cup! We are all sure he will Pin this to his wall as a reminder of his “achievement”.

At 1:30, we started our 45-minute canoeing session in the Lake. Although most of us spent more time in the water than canoeing, we all had a great time.

Throughout the day, we met many professional athletes and got photographs with them. You've probably seen some of the photos.

Overall, I think everyone had a great time. I know I did!

**By Josh Pope 9F**



## Key Stage 3, 4 and 5 Information Evenings prove a big hit!

We were delighted last week when so many parents/carers and students join us for our Information Evenings. Indeed many students attended on their own due to other parental /carer commitments, this is commendable and shows great maturity on their behalf.

The evening also provided an opportunity for parents/carers to meet our new Headteacher, Jed Whelan. He spoke briefly at the start of the evenings setting out his desire to work in partnership with students, parents and carers to ensure all students maximise their potential.

The evenings were a real success in terms of informing parents/carers about and school's high expectations and how they could help their children at home. A whole host of strategies were outlined and explained in detailed. Key dates of the school calendar were provided together with Year 11 exam dates so deadlines of coursework/revision can be met. Year 10 students are strongly advised to get a scientific calculator for their birthday!

Additional speakers presented at the evening including: the Subject Leaders for English, Maths and Science who made clear to parents/carers and students the departmental high expectations and the level of support provided.

A comprehensive booklet was handed out to all parents/carers and students containing all the essential information which was outlined by staff during the evenings. You can access all the presentations and the booklets online at [www.sfosborn.herts.sch.uk](http://www.sfosborn.herts.sch.uk)

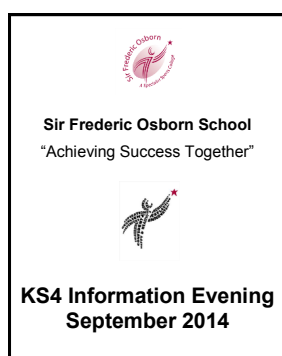
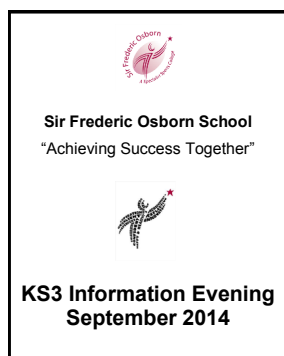
At the end of the evenings, parents/carers commented;

"The enthusiasm and freshness to succeed was a breath of fresh air. I had a real sense that this school wants to be the best"

"A strength of this school is that they listen to people's concerns and then take action"

"Love the real energy the staff bring to the school, they are willing to help each child achieve their best"

### Director of Learnings Year 7, 8, 9, 10, 11



## PE News

"It has been a very busy and successful start to the extra-curricular programme. Lunchtime "Kickabouts" on the all-weather pitch have seen an average of 85 students turning out each day. Year 7, Year 8 and girls' football practices have been very well attended with students working hard to improve and refine their skills ready for the forthcoming cup matches.

Due to the weather, the practice moved inside this week where we ran a tournament, combining the different year groups and genders to produce some very well matched teams. As always, it was a pleasure to see just how well our students mix together regardless of different ages etc. The Year 9 boys have demonstrated a fantastic attitude to their training on Friday afternoons and are looking good for their first County Cup match at the beginning of October. We also kick-off the first cricket practice using the indoor nets on Thursday and the first of the "Bootcamp Fitness" sessions starts this afternoon following on from its successful debut last year!

It has been great to see so many students enjoying the facilities and opportunities available to them at the start of this school year.

## County/District Football Success

**Callum Nicolson** a Year 8 student has made it through to the district squad; his 1<sup>st</sup> game was this week in St Albans. See next weeks Insight for full article from Callum.

**Fyn Jordan** and **Lennon Peake** has also made the Year 9 County Squad and **Fyn Jordan** and **Sam Edge** also making the Year 9 District Squad.

Well done and we look forward to hearing your match reports.

## Reminder - Football Tour 2017

Anyone in Years 7 to 9 (boys and girls) interested in the football tour to Madrid during Easter 2017 should see a member of PE staff for a flyer. There is a meeting to discuss all aspects of this trip at 6pm on Tuesday 29<sup>th</sup> September in Osborn Hall.

Mr L Walker  
PE Teacher

Mr J Chappell  
ALT Teacher

## Parent/Carer Reminder

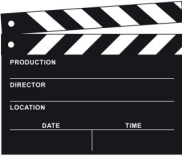
School will close at 1.05pm on Thursday 24th september to prepare for Open Evening



## SFO Sports Centre

### #FamilyFilmFridays

Having seen a successful launch last month with Monsters Inc, members of the community have been voting for their film for the September screening. They could choose from Toy Story, Shrek or a mystery film, you can still vote now via our social media pages. The film starts at 7.30pm Friday 18<sup>th</sup> September (TONIGHT!) and will take place in the Sports Centre Dance Studio. We have a capacity of 120 people, so you can still turn up on the evening. Bring snacks and drinks or feel free to get them from our vending machines in the Centre. The film costs £1 per adult and 50p per child. All children must be accompanied and supervised by an adult. The October screening will take place on Friday 30<sup>th</sup> October which will be fancy dress themed!



### Pay and Play

Our Award nominated Pay and Play Programme has resumed for the 11-16 age group. This runs every Friday from 4-8pm. All SFO students can play any sport in the Dance Studio, Sports Hall or All Weather Pitch for only £1 per hour, and non-SFO students can come and do the same for only £2 per hour. There is no booking required for this, just turn up and sign in at the Sports Centre office.

The 5-11 Pay and Play weekly sessions will start in a few weeks' time. Friday 4-6pm from October 9<sup>th</sup>, any child aged 5-11 can come and play any sport/activity with the SFO Sports Team for only £3 per hour. All activities are fully staffed and supervised. Booking can be done by emailing Sam on [sam.harte@sfosborn.herts.sch.uk](mailto:sam.harte@sfosborn.herts.sch.uk), calling us on 01707 351352 or using our social media pages.

### Back to Netball

Our extremely popular Back to Netball session is running every Monday from 7-8pm in the Sports Hall. All sessions are run by an England Netball insured and affiliated Level 2 coach. The sessions has proved very popular since the launch in May, with over 40 ladies. Email [leisure.assistant@sfosborn.herts.sch.uk](mailto:leisure.assistant@sfosborn.herts.sch.uk) for information on the sessions.

### Community Badminton

The SFO Sports Centre Team run Community Badminton from 6-9pm every Tuesday evening. We have expanded the sessions to include an adult and child session.

6-7pm Child only session (5-15 years, drop off available £3 per child)

7-8pm Adult & Child session (ideal for families, £3 per child £4 per adult)

8-9pm Adult only session (16+ £4 per adult)

The sessions are a great way to get introduced to the sport or to play in a casual environment with family and/or friends and new opponents. All sessions are supervised by SFO Sports Centre Staff. In the 6-7pm and 7-8pm session, our staff will also plan and deliver a range of games for players to get involved in if they wish. For more information please contact [Leisure.assistant@sfosborn.herts.sch.uk](mailto:Leisure.assistant@sfosborn.herts.sch.uk) There is also additional times where you can play badminton as a casual booking for only £12 per court.

The SFO Sports Centre Team have been nominated for a second award within their first year of opening. Herts Digital Awards takes place on Thursday 24<sup>th</sup> September. Some of the team will be attending the event in anticipation of the Best Sport/Entertainment Website category. To stay up to date with the awards ceremony, and all things to do with the Sports Centre – add us on our social media pages:

Facebook – SFO Sports Centre Page / Twitter - @SFOsportscentre / Instagram - SFOSportsCentre

Mr S Harte  
**Sports Centre Manager**

### Parent/Carer Reminder

Would all visitors kindly report to main reception on arrival with any queries or enquiries. Student Services in H Block is a student only reception

This is to ensure all visitors are signed in to comply with Health & Safety and fire regulations and to safeguard all students and staff in accordance with school policies.

Thank you

### Understanding Teens, The Cross Stuff & Ground Rules

A FREE 6 week course for parents and carers of children aged 11+ funded by Herts County Council Children's Services

#### Topics Covered Include:

- \* The importance of self esteem
- \* Tools for handling conflict
- \* Understanding physical and emotional development
- \* Improving communication and relationships
- \* Dealing with challenging behaviour



**When:** Tues 3rd Nov to Tues 8 Dec 2015, 7-9pm

**Where:** 6th Form, Sir Frederic Osborn, Herts Lane, WGC, AL7 2AF

To book contact Sharon Lawton on [bookings@natural-flair.co.uk](mailto:bookings@natural-flair.co.uk) 01992 446051

Places are limited - please book NOW to secure your place on this popular course.

## School Communications

To keep your child/ren safe and ensure their well-being, we are constantly looking for ways to improve our links with you and keep everyone up-to-date and well informed. As sending written information home is sometimes unreliable; we have decided to implement Schoolcomms, an electronic school communication system. This will enable you to receive all your information from school quickly and reliably. We can send letters by email to your inbox and short messages directly to your mobile phone as a text message, or if you have an Apple or Android mobile phone, by app message.

### You will:

- Receive letters more reliably and promptly
- See letters in your inbox like any other email
- Get a short text or app message if we need to contact you urgently
- Still get paper letters if you don't have email
- No need to rely on your child for delivery
- Be able to reply by email, text or app message, and be able to send us any reasons for absence via text, email or app message



### We can:

- Send more letters and information
- Save money on admin time, printing and paper
- Contact you urgently when necessary

### Next steps:

1. The school will use the email address and mobile number that we hold for the Priority one contact(s). If you are not certain that we have your correct details, please use the reply slip provided
2. **If you do not have an Apple or Android device, skip to step 6**
3. Go to your app store and search for "School Gateway" and download the app
4. Once downloaded, select the "I'm a New User" button; enter your email address and mobile number that we have on record for you. Select Send PIN and a PIN number will be text to your mobile phone
5. Log in with your email address and the PIN, your account is now active and you will receive instant notifications of messages in your notifications bar.
6. If you change your contact details please let the school know as soon as possible

Schoolcomms is registered with the data protection act. All information you provide will be kept private and will not be passed on to any other organisation. Your details will only be used for the purpose of school business. You will not receive any SPAM or marketing material.

## Please return to Reception

To receive letters, newsletters and texts please supply us with your up to date contact details.

Name ..... Student/s Name.....

.....

Email Address .....

Mobile number .....

