



9 May 2025

# NEWS & VIEWS

Be the best you can be.

Executive Headteacher: Mr Jamie Foster



## Headteacher's Comment:

We teach the pupils about being lifelong learners and it is important that staff practise what we preach. Each year teachers begin a new journey of self-improvement through professional development, coaching or external courses such as National Professional Qualifications. A special congratulations goes to Mrs Page, who has been a cornerstone of our Drama department for over two decades, on earning her Master's degree in Theatre. Her accomplishment is a shining example of lifelong learning and passion for the arts.

We are equally proud of our Computer Science pupils who showcased incredible skill in the Raspberry Pi Challenge, with two pupils placing in the top 10% nationally—a truly outstanding result!

The Headteacher's Gallery goes to Jake Wheeler for being the first pupil in the school's history to achieve a Silver in the UK Maths Challenge, putting him in the top 2000 mathematicians for his age.

Finally, a well-deserved cheer for our Multi Skills team on winning the Essex Xtend Challenge and to Marley Frohock for contributing to Arsenal U16s' Premier League title and scoring an exceptional goal! These moments of success speak volumes about the spirit, discipline, and ambition we nurture at St Martin's. Let's keep aiming high and be the best that we can be.



## Master's Degree Success

Last week, Jennifer Page, who has been teaching at St Martin's for over 25 years, celebrated her graduation with a Master's degree in Theatre!

Surrounded by her family, Jennifer proudly attended the ceremony at the Guildford School of Acting (GSA), a conservatoire accredited by the University of Surrey. Her two-year journey culminated in a dissertation titled *Expanding the Repertoire of Texts for Female Performers at GCSE and A-Level Drama and Theatre*. As part of her work, Jennifer created an original script aimed at being recommended as an exam text by exam boards, an achievement that earned her a distinction!

A well-deserved celebration of hard work and dedication!



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# Computing Whizzes Conquer Raspberry Pi Coding

Our talented Computer Science pupils recently put their skills to the test in the prestigious Raspberry Pi Coding Challenge, a nationwide competition designed to ignite young minds in the world of programming. The challenge presented participants with a series of complex and engaging programming exercises, demanding both logical thinking and creative problem-solving within a strict time frame.

Our pupils rose to the occasion with impressive dedication and enthusiasm. They tackled the diverse challenges head-on, showcasing their growing expertise in various coding languages and computational concepts. The atmosphere during the challenge was one of focused determination, with pupils individually pushing their boundaries to find elegant and efficient solutions.

We are incredibly proud to announce that two of our exceptional pupils achieved the coveted **Gold Award**, placing them in the **top 10% of participants nationally!** This remarkable achievement is a testament to their hard work, passion for coding, and the excellent guidance provided by our dedicated computer science department.

This success in the Raspberry Pi Coding Challenge highlights the strength and dedication of our computer science program and the immense potential of our pupils. We congratulate all the participants for their efforts and especially celebrate the outstanding achievements of our Gold Award winners. Their success serves as an inspiration to their peers and underscores the exciting opportunities that lie ahead in the ever-evolving field of computer science.

Well done to all!





## Walking Talk Mock for Year 11 Pupils

On Tuesday, Year 11 pupils were given the opportunity of a Walking Talking Mock in preparation for their first English Literature GCSE paper led by Mr Griffiths. He modelled how to read the question on Scrooge's fears carefully, create a plan with ideas from the extract and beyond, and pupils had time to write their own response. Pupils were able to articulate some excellent examples of their knowledge of A Christmas Carol throughout the session.



## Panathlon Xtend Challenge

Well done to our Multi Skills team Oscar, Archie James, Poppy, Nathan and George on winning the Essex Xtend Challenge last week.

An amazing effort well done!



## Arsenal U16s Premier League Champions

We are excited to share some amazing news about our Marley Frohock in Year 11, who contributed to Arsenal's U16's new title of Premier League champions.

Congratulations, we are extremely proud of you!



## Dates for the Diary

12.05.2025 – Year 12 Higher Education Parent Meeting

One Plan Profile Building Parent meetings commence

13.05.2025 – Production Rehearsals South Hall

14.05.2025 – Production Rehearsals South Hall

17.05.2025 – DofE Bronze Award Practice Expedition Year 10

**Word of the Week**  
**Week 29** **fortitude**



**noun:** the strength of mind that enables a person to encounter danger or bear pain or adversity with courage.

**Sentence:** With amazing resilience and fortitude, the team bounced back.

For PE fixtures please follow twitter @STMartinsSchPE for further PE updates



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# CHARITY FOOTBALL TOURNAMENT

**SATURDAY 12<sup>TH</sup> JULY 2025** £25 PER TEAM



#### **AGE RANGES, 12-13 YEARS**

7 aside with a max  
of 10 players per  
team



#### **YOU CAN ENTER A SINGLE OR MIXED GENDER TEAM**

There will be a boys  
and girls tournament



#### **FOOD/DRINK/ GOODIE BAGS/ TROPHIES PROVIDED.**



#### **8.30AM FOR REGISTRATION - 9AM START**

Team registration  
cut off - 13th June  
2025



The event will be held at Essex Police College, St Margarets Road, Chelmsford, CM26DT

**To Register Email: [Essex.police.uk/Communitygoals](mailto:Essex.police.uk/Communitygoals)**





# SAFEGUARDING NEWSLETTER

May 2025– Issue

Within this newsletter we have articles on current relevant topics, including support around exam stress, parental mental health, support around separation and divorce, 'Incel' culture, information around the wonderful charity SNAP and finally advice from Family Lives around setting boundaries for your teen.

We hope that you find the information provided to be of use, but if there is anything that you would like further information about please do not hesitate in contacting a member of the Safeguarding Team.

As we are now in the exam season, lots of students will start feeling the pressure. Childline has some really useful tips on how to cope with the worry associated with the exams, exam stress and pressure as well as other problems. Read the full article here: <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Childline also provides the following advice on how to cope whilst revising for exams

## 5 WAYS TO COPE WITH REVISION STRESS

Exams can be stressful, and it can be tough to cope with the stress sometimes. But there are small things you can do to make things easier.

### Take things one step at a time

Trying to do everything at once can be overwhelming. Make a revision timetable and focus on small goals. Take time at the end of each day to focus on anything you've achieved.

### Take care of yourself

Try to keep to a healthy routine, including getting enough sleep and eating healthily. Make sure to do at least one thing each day you enjoy, even when you're busy.

### Share how you are feeling

You are not alone in how you are feeling. Whether it's talking to a friend, an adult you trust or posting anonymously on the message boards, letting your feelings out to other people can be a relief.

### Focus on yourself

Avoid comparing yourself to others and what they're doing, especially on social media. If you are struggling with your feelings, places like the Calm Zone can help.

### Ask for help

Exams can make everything feel difficult, especially if there are already other things stressing you out. It is always okay to ask for help from someone you trust or from a Childline counsellor.



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## Helping children and families understand a parent's mental health issues

For the full article, please see here: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

If you're struggling, it's OK to reach out for support from friends, families and organisations that are here to help. Changes in a parent's mental health can sometimes affect children. They may pick up on your anxiety, low mood or stress.

This doesn't mean you should hide or minimise your feelings. You can try to explain what you're experiencing using phrases like, "It's OK to get big feelings, everyone gets big feelings but it's still the grown-up's job to look after the children" or "If grown-ups get big feelings, it's not your fault – we can ask other grown-ups for help with our feelings."

It's important to give children reassurance and support. Looking after your own mental health is vital to their well-being so don't be afraid to try new things together.

Reach out if you need help. Our [Helpline team](#) are here, whatever your worry. You can call them on 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

## Separation and divorce are quite common, but is not easy to cope with.

There may be bad feelings between the parents and their families. Children can pick up on this, which may confuse or upset them, or even lead to them blaming themselves for a break-up.

Every family is different, but it is possible to find your way through. It is a time of redefining your family dynamic and establishing a new normal. You can find the balance between sharing so much with your children that they become overwhelmed or so little that they don't understand what's going on.

To support children during a separation and help them with their worries, it's important to:

- remind them that both parents love them
- be honest when talking about it, but keep in mind the child's age and understanding
- be careful how you speak about your ex-partner as any negative comments could make your children feel confused or resentful
- keep up routines, such as going to school and having specific mealtimes and bedtimes
- explain that it is OK to be sad, confused or angry and let them know they can talk about their feelings with you.

You can read the full article and obtain further advice here:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/support-children-through-separation-divorce/>



### Talking to your child about Incel culture

The recent Netflix drama *Adolescence* has highlighted the rise of incel (involuntary celibate) spaces and their impact on young people. As a parent or carer, understanding this online subculture can help you recognise early warning signs and have open, supportive conversations with your child. Health for Kids provide a guide that breaks down what incel ideology is, common terms, signs to be aware of, and conversation starters to help you navigate this issue. <https://www.healthforkids.co.uk/grownups/healthy-bodies/talking-to-your-child-about-incel-culture/>

### Support for Children and Parents of children with additional needs or disabilities

If you have a child between 0 – 25 years who has any additional need or disability and you live under Essex County Council, Thurrock or Southend local authorities then we are here for you and your family.

No formal diagnosis or professional referral is necessary to access SNAP services.

Their website can be accessed here: <https://www.snapcharity.org/>



### Setting Boundaries for your Teen

As your child grows into a teenager, setting boundaries may need to adjust to make them more meaningful and relatable. Many parents find that the kind of discipline used when they were younger might not work as well now they are older. It is often tempting to try and be their friend but they still need you to be the parent and let them know what the rules and boundaries are. But it is essential for your teenager to be able to work out what being a young adult means for them so this may lead to some clashes with you.

For further information, please see this link to family Lives:

<https://www.familylives.org.uk/advice/teenagers/behaviour/how-do-you-discipline-teenagers>



## St Martin's Safeguarding

