



# NEWS & VIEWS

Be the best you can be.

Headteacher: Mr Jamie Foster  
& Deputy CEO

## Headteacher's Comment:

Congratulations to our Year 10 pupils who completed their Bronze Duke of Edinburgh expedition in Epping Forest. Walking around 35,000 steps a day, setting up camp, cooking meals and overcoming the challenges of navigation and fatigue is a fantastic achievement. Their resilience, teamwork and determination were excellent. It has also been very pleasing to see our Year 11 exams starting so well. Pupils have approached this important period with maturity, focus and a real sense of purpose. Our Year 13 pupils attended their leavers' event last Friday, celebrating their achievements and we wish them every success in their exams and future plans.

I would also like to thank and wish good luck to three valued members of staff who are leaving us: Miss Pullen, Mr Lister and my PA, Mrs Isaacs. Each has made a valued contribution to St Martin's, and we are very grateful for all they have done for our school community.

Finally, please do take time to read this month's safeguarding newsletter, which includes important information on emotional abuse, grooming, mental health and attendance. As always, if you have any concerns or need support, please contact the

The Headteacher's gallery goes to Elliot L and Legend R, in recognition of their outstanding achievement as members of the Chelmsford & Mid Essex District Under 15 Football Team, who were crowned English Schools' Football Association National Champions.



## BBC Essex Radio Visit St Martin's

On Wednesday this week, we were delighted to welcome Elliott from BBC Essex Radio to our school. During the visit, Elliott interviewed Mrs Tatman and members of our Pupil Voice team about our Phone Pouch initiative, which has been introduced in response to national conversations around mobile phone use in schools.

The discussion explored the rationale behind the initiative and the anticipated benefits for pupils, including improved focus, wellbeing, and engagement in lessons. Our Pupil Voice representatives spoke confidently about their involvement in the process and how they have been gathering and sharing pupil feedback ahead of the launch.



We are proud of how articulately **Aidan B Year 10**, **Nikhil V K Year 9**, **Amelia A Year 9**, and **Cameron T-B Year 7**, who represented the school and contributed to an important and timely discussion.



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

St Martin's School is proud to be part of the Discovery Educational Trust



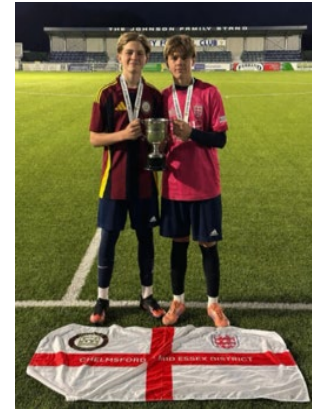
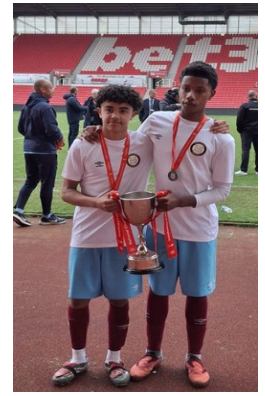
## ★ SAINTS Success!

Congratulations to the Mid Essex District U15 football team on an incredible achievement in becoming champions of the English Schools' Football Association National Cup. The team secured this prestigious title at the Bet365 Stadium, marking a fantastic accomplishment.

A special well done to **Elliot** and **Legend** in **Year 10**, who were both part of the squad and played integral roles in the final.

In addition, a massive congratulations to **Ron** and **Harrison** in **Year 9**, who also represented Mid Essex Schools this season. Their efforts contributed to another outstanding success, culminating in victory in the County Cup against Havering.

Well done to all involved – a fantastic achievement and a proud moment for the school!



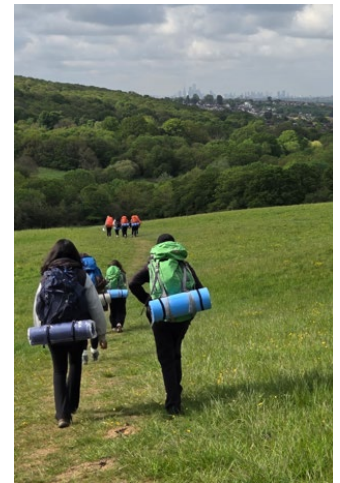
## ★ DofE Expedition

On the 6 and 7 May, 32 Year 10 pupils completed their Bronze DofE Award in Epping Forest and passed with flying colours. To complete the expedition, they needed to complete 6 hours of activity on each day—with the majority of that time spent walking through the forest. They then had to set up camp, cook their evening meal, and prepare their breakfast the next morning. On average, each individual walked 35,000 steps a day. Each team found themselves battling different challenges, from navigation to teamwork, to some tricky pancakes that ended up as "pancake mush", as they described it.

They showed remarkable grit, resilience, and determination and are a credit not only to themselves, but to their families, friends, and the whole school community.

Ms Goulding said "Hiking through Epping Forest, shadowing the pupils on their routes, I was utterly impressed by their teamwork, map reading skills and determination to make it to each check point. They really did reveal their resilience throughout"

Well done to all of those that attended; we are incredibly proud of you all.



# ★ Year 13 Leavers' Celebration

Last Friday, we celebrated the achievements of our Year 13 students with a special leavers' event. The day began with their final honours' assembly, a reflective and celebratory occasion marking their achievements and contributions to school life.

Following the assembly, students gathered for a BBQ, providing a relaxed opportunity to socialise, share memories, and say their goodbyes to both staff and friends. It was a wonderful way to celebrate their time with us and mark this important milestone.

We wish them every success in their upcoming exams and in all their future endeavours beyond school.



# 📅 Dates for the Diary

- 18.05.2026 – Year 9 & 10 DofE Expedition  
(18.05.2026 – 19.05.2026)
- 19.05.2026 – Year 9 Drama Trip – Thespians
- 22.05.2026 – Year 8 Spain Water Sports Trip  
(22.05.2026 – 26.05.2026)

## Word of the Week Week 30 deliberate



**adjective:** done carefully and with thought

**Sentence:** He was a conscientious and deliberate worker.

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



## Chief Executive Officer: Mr R Duff

St Martin's School is proud to be part of the Discovery Educational Trust

# SAFEGUARDING

## MONTHLY NEWS LETTER



### Child Abuse

There are four main categories of child abuse: physical abuse, emotional abuse, sexual abuse and neglect. Here touch on what emotional abuse is and what the effects can be:

According to Essex Police, emotional abuse can affect how a young person or child feels about themselves, or how they fit in with friends, at school, or where they live.

#### Examples of emotional abuse are:

- being made to feel inadequate, worthless or unloved
- being unfairly blamed
- being bullied, including over the internet (cyber-bullying)
- being made to feel frightened or in danger
- witnessing the abuse of others such as [domestic abuse](#)

#### Signs and symptoms of emotional abuse in children can include:

- reduced physical, mental and emotional development
- continual self-depreciation, eg 'I'm stupid', 'I'm ugly', 'I'm worthless'
- inappropriate response to pain, eg 'I deserve this'
- neurotic behaviour, eg rocking, hair twisting or self-mutilation

If you suspect a child is suffering from abuse, even if you're not sure, please tell someone. [How to report possible child abuse](#)



### Grooming – spotting the signs

According to the NSPCC Website, it is rare for a child to tell an adult that they are being groomed. There are many reasons why they may not tell someone, but they may not understand that they are being groomed or may be embarrassed.

Some of the signs to look out for may include:

- sudden changes in behaviour, such as spending more or less time online
- spending more time away or going missing from home or school
- being secretive about how they're spending their time, including when using online devices
- having unexplained gifts, big or small
- misusing alcohol and/or drugs
- having a friendship or relationship with a much older person
- developing sexual health problems
- using sexual language you wouldn't expect them to know
- seeming upset or withdrawn
- mental health problems

It may not be just typical teenage behaviour. **Be curious. Ask questions.**

For further information, advice and support, visit the NSPCC Website: [Grooming: recognising the signs | NSPCC Learning](#)





# Attendance

## Good Attendance = Positive outcomes

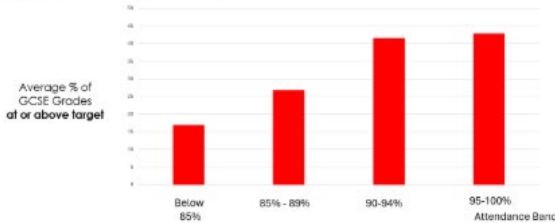
According to government guidance, being in school is important to your child's achievement, wellbeing, and wider development. Evidence shows that the students with the highest attendance throughout their time in school gain the best GCSE and A Level results.

Research found that pupils who performed better both at the end of primary and secondary school missed fewer days than those who didn't perform as well.

Here at St Martins, we can see how much attendance impacts on achievement:

2025 GCSE progress of St Martins

Attendance Band	Average % of GCSE Grades at or above target
95 to 100%	42.9
90 to 94%	41.6
85 to 89%	26.8
Below 85%	16.9



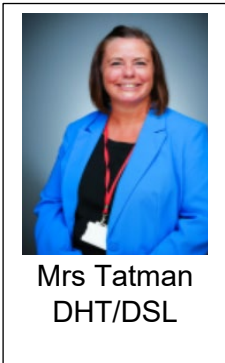
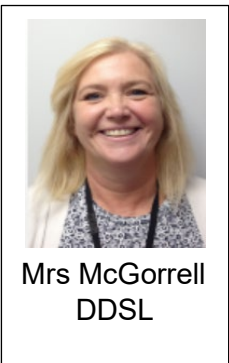
## Attend today, achieve tomorrow

You can only allow your child to miss school if either:

- They're too ill to go in. Please refer to the NHS guidelines on this [is my child too ill for school? - NHS](#)
- OR
- You have advance permission from the school. Please note that holidays during term time will generally not be authorised and if you take your child out of school you risk a fine.



## St Martin's Safeguarding Team



If you need help or support  
**Reach Out via Email to our Safeguarding Team**  
 reachout@st-martins.essex.sch.uk



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**  
St Martin's School is proud to be part of the Discovery Educational Trust

