



NEWS & VIEWS

Be The Best You Can Be

Headteacher: Mr I Smyrk

Traditional Values

Learning for the Future

Outstanding Personal Achievement



Headteacher's Comment

Good afternoon

This week I had the pleasure of attending the Year 13 scripted drama exams on Wednesday evening. It was fantastic to see the students fully engaged and performing their assessments as part of their final exams. They are extremely talented and a real credit to the school. We will hear more about this in next week's News and Views.

I would like to share the below link to Greater Anglia's website on how you can access school discounts for students travelling to school by train. There are academic or short term passes available and you can click on the following link for further information; <https://railplus.greateranglia.co.uk/scholars.html>

In this week's News and Views we share details of an upcoming Anxiety Workshop for parents to attend to help learn ways to support those children experiencing stress and anxiety. We also share news of two of our runners who represented Essex last weekend in the British Inter-Counties Cross Country Championships and our U16 Girls' Basketball team who are through to the Essex Cup Final.

Have a great weekend.



Emotional Resilience Workshop

We are increasingly aware of the number of students experiencing high levels of stress and anxiety in school which compromises their education, social life and family relationships.

Managing friendships, schoolwork, outside interests, family issues, alongside the normal challenges of adolescence can be difficult for some teenagers, particularly around exam times.

We have successfully run several sessions to support students, in assemblies, small groups and parent workshops. We are now offering parents the chance to find out more about ways to support their teenagers.

If you would be interested in attending a two-part workshop to learn more about ways to support your teenager and understand the triggers that might cause some of their problems, please email your Year Administrator to book a place. The workshop will be on Tuesday 28 March from 5.00pm to 7.00pm in the South Hall including refreshments. Letters have been sent regarding this from Mrs Wilson our SEAL Co-ordinator and Deputy Designated Safeguarding Lead.



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Cross Country and Basketball Successes

Erin Kelly in Year 7 and Emmie Lole in Year 8 represented Essex with pride at the British Inter-Counties Cross Country Championships in Loughborough last Saturday.

Erin came 36th and Emmie came 76th out of a field of over 200 runners. Their superb performances contributed to Essex being crowned National Team Champions. Well done girls such an amazing achievement!



Congratulations to our U16 Girls' Basketball team who are through to the Essex Cup Final! They have performed brilliantly all season and beat a strong Fitzwimarc team in the semi-final. The score was 52-52 at full time, but SAINTS held their nerve and pulled away to win 65-54 in extra time. Top point scorers were Abigail Swan and Katie Standish. Special thanks to Matthew Hills, who gave up his time to be our table official and Annie Standish for her expert coaching. Good luck in the final girls. We are very proud of you.



Dates for the Diary

- 20.03.23-24.03.23 Year 12 PPEs
- 20.03.23-24.03.23 Year 11 Drama C2 Scripted Tech & Exam
- 22.03.23-23.03.23 Year 9 Immunisations
- 22.03.23 Spring Concert
- 24.03.23-25.03.23 Ypres Trip
- 24.03.23 Year 7 Reports Home
- For PE fixtures please follow twitter @STMartinsSchPE or [click here](#) for further PE updates.



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