



BERKHAMPSTEAD SCHOOL

NEWS FROM THE HEAD

Dear Parents,

Children's Mental Health Week highlighted some challenging statistics about the mental health of young people, one of which is that 63% of primary school children say they worry 'all the time' according to a new survey by children's mental health charity, Place2Be.

Explanations often feature the idea of failure and range from the pressure children feel to be 'liked' on social media, to tests/exams and family. Encouraging our pupils to see that failure is as much a part of life as success, that it's central to learning and growth and that what really matters is to treat failure as a positive lesson, is an important part of what we do in school. FAIL - First Attempt In Learning, is no bad way to look at it as a parent and to encourage our children to do likewise.

Pressures exist and how we equip children to deal with them is key. Berkhampstead's focus on developing resilience – that quality of keeping going when things are difficult – is vital. It's been central to our ethos since 1945 when the School motto - *perseverantia vincit* (perseverance conquers) - was adopted. Allowing our pupils to accept and even embrace failure as a stepping stone to better things is a part of school life from the youngest age; it's discussed in Kindergarten and throughout the school.

What matters is not so much what one achieves, as whether one has given one's best. In school we reward effort as well as attainment as an important part of our building, recognising and celebrating resilience. Our wide range of activities allows everyone the chance to develop their talents and to succeed in some area of school life. It also provides an opportunity for pursuing something chosen for enjoyment and it helps children to escape pressures and anxieties that may exist elsewhere.

When resilience is put to the test, the children know that there is help in school and at home. Our pastoral and support system is long established and existed well before the current (and very appropriate) debate about child mental health took hold. Berkhampstead staff model good and supportive behaviour and encourage kindness and good manners. It helps us to create the civilised community spirit for which we are well-known. The reflective approach used in Circle Time and in Citizenship and Wellbeing (CWB) lessons, promotes kindness and resilience, sessions provide a forum where we listen to children and they listen to one another. This is a powerful tool for learning to be better members of the community and gives children an appreciation of others.

Today has been extraordinary in the Pre-Prep, with another fabulous History Mystery for Year 2. As I arrived at school I met Christopher Wren before spotting one or two Tudor yeomen, gentlemen and princesses – what fabulous costumes! The mystery is ... how did London Town burn down so easily ... and what can we do to avoid it happening again? I am playing the part of Charles II and await news from my people ... have they been able to solve the conundrum?

Congratulations to all those in Year 6 who have achieved Scholarships to independent schools. I know that the children worked hard and they should be very proud. Some are still awaiting results - we'll keep our fingers crossed - but those announced so far have had remarkable success. Based on initial indications, we confidently expect to hear more good news when school places are confirmed in early March - well done all!

Richard

Richard Cross
Headmaster



FRIDAY 10TH FEBRUARY
SPRING TERM

Diary dates...

THE WEEKS AHEAD

*Half Term - Saturday 11th to
Sunday 19th February*

Monday 20th Feb
School returns

Tue 21st Feb
Year 1 Chocolate Cooking

Wed 22nd Feb
Year 1 DT Day
2.30pm – Netball U11A, U11B v
Rendcomb College (H)

Thu 23rd Feb
6.00pm – Year 1 and Year 2
Parents' Evening

Fri 24th Feb
2.30pm – Football U8
v Rendcomb College (H)
2.30pm – Netball U9A
v Rendcomb College (A)
2.45pm – Football U9A
v Richard Pate (H)
3.30pm – U8A, U8B
v Dean Close (A)





BERKHAMPSTEAD SCHOOL

News from around the school

RECEPTION

The children found lots of food scattered all over Reception last week. Everyone was very surprised and wondered who had done it. After talking with each other everyone agreed it could be 'The Tiger who came to Tea.' Sophie wrote a letter asking the children to write a menu for the tiger. They wrote fantastic menus using alliterative words. We feel sure the tiger will return for his tea at Sophie's house after reading the menus!

Our 'Forest School'-inspired sessions are becoming very popular in Reception. Over the week the children discussed the different types of birds and why it is important to feed them during the winter months. The children had great fun making bird food by threading Cheerios onto string. They put bird food in the nature garden and they cannot wait to observe birds coming in to eat it.

In one of our carousel activities, the children have been finding out about how we can keep healthy. The children discussed what we mean by a healthy diet. They were challenged to create their own lunch using a selection of pictures of food. The meals created looked healthy and very appetising.

The children and staff have thoroughly enjoyed this topic and the children have decided our next topic will be 'Accident and Emergency'. They were asked what they would like to find out and learn about the topic and came up with some excellent ideas. Exciting visits are already in place for next term's learning.



CHAMBER ENSEMBLE PLAY IN PRE-PREP ASSEMBLY

Our talented Chamber Ensemble played for a delighted Year 1 and 2 in assembly this week. The ensemble consists of strings, a bassoon and a recorder player - of Grade 3 - 7 standard - and is directed by Mr Jon Trim. Mr Trim explained the instruments and the pieces of music to the younger children, before his impressive orchestra gave a short recital. The recital was then followed by a violin workshop, led by Mrs Mitchell and Mrs Sallis, for an inspired Year 2. Many of the children were left enthusiastic about the possibility of taking up the violin, having had a go themselves.





BERKHAMPSTEAD SCHOOL

Reminder

Entries for the Art competition 'What Fairview Means to Me' are due in the Monday after half term please.

News from around the school

YEAR 1

Year 1's week kicked off with a surprise visit from Willy Wonka, who looked surprisingly like Mr Cross..... The children had the chance to ask him questions about his factory and all the different types of chocolate he makes. They were all very excited to receive a golden ticket inviting every child to visit Cadbury World the following day.

The trip to Cadbury World was filled with much excitement and of course chocolate!! The children walked through a rainforest to see how cocoa was grown, they then heard all about John Cadbury and his sons who revolutionised how chocolate was manufactured. Next they took a trip back in time to see the history of chocolate before we had the chance to look around the factory! Everyone took a ride through 'Beanville' before lunch and then enjoyed a brilliant talk all about the stages of chocolate making from bean to bar. A wonderful day was had by all and the four free chocolate bars went down well too!!





BERKHAMPSTEAD SCHOOL



Sports report...

FOOTBALL

U8 Buffaloes v St Edward's - Lost 2-3

The boys enjoyed their first indoor football match. The game was a little different to usual as it was more continuous with the ball bouncing off walls rather than going out of play. It took a little while to get used to and the ball bouncing off climbing frames at bizarre angles caught everyone unaware. The Boys put in a very fine effort. We finished the first half 0-0 but were always behind in the second half as St Edward's scored an early goal. We played very well as a team to get back on level terms twice but were unlucky to eventually lose by one goal. Well played to all the boys who all put in lots of effort.

U8 Bisons v St Edward's - Lost 0-2

On a cold and blustery afternoon the Berky Bisons had a close match against St Edward's. Our boys worked really well as a team. They stuck to the task and matched our opponents for most of the game. A couple of breakaway goals was the difference between the teams. I was impressed with the progress the boys had made with their tackling. Max, Harry, Ollie and Jonathan were excellent in this area. They really got stuck in. In attack Will and Alex showed great dribbling skills and made some penetrating runs forward. Although we were on the losing side, our boys did us proud. Well done to all the team!

U11A v Hatherop - Draw 0-0

On Wednesday the U11A enjoyed an excellent game against Hatherop. We had the majority of possession and created some good chances but could not manage to hit the back of the net. Adam came close when he hit the bar from a corner. There were also excellent attempts by Rumhann, Bertie, Harry and Ollie R. I was impressed by the work rate of the boys throughout the game. Charlton, James, Benji and Harry provided a great energy in midfield. George, Jack and Ollie A provided a solid presence in defence and Sam was excellent in goal on the rare occasions that he was called into action. Well done boys for another super performance.

U11B v Hatherop - Won 1-0

Hatherop started the match brightly with some good passing play and creating chances. Berky, however, soon had the game more under control. Rex was secure in goal and commanded the penalty box. At the back both Nic and Toby shadowed their attacking players and gave the opposition very few chances. In midfield Ethan worked tirelessly alongside James E. They both held their positions well and passed the ball cleanly between themselves and up to the striker, Rhys. They had several chances in the first half. All three forward players had opportunity to score. The breakthrough came midway through the first half with the Hatherop goalkeeper saving one chance but James capitalised on the loose ball and slotted into the bottom left hand corner of the net. For the remainder of the half Berky looked like they might get a second, but the Hatherop defence and goalkeeper stood resolute. In the second half Hatherop seemed to have the better of the game. They were attacking more strongly and Berky were forced to make several last minute tackles. Nic and Toby were often at full stretch. Rex played magnificently in goal and saved several times. Berky too had their chances but could not quite score a second to take the result beyond doubt. In the last minute Hatherop passed the ball sweetly though the centre of defence and their striker was one on one with Rex. Rex made a dive and secured the ball. However, the whistle blew and Rex was deemed to have brought down their player. The crowd waited with bated breath as the Hatherop player took the penalty. The shot was powerful and rocketed off the striking player. The ball shot over the bar and Berky had won the game by the slenderest of margins. A great close game and very even. Berky showed true resilience in the face of a determined opposition.

U11C v Hatherop - Draw 1-1

What a great afternoon we had last Wednesday at the cold and windy Hatherop Castle School. A six-a-side game on a very small pitch and with goals that looked like they had recently been used in a Subbuteo Table Football game! It was a very competitive game with Charlie M given the role as striker supported by Archie, Ollie O and William in midfield and Charlie D, Max and Edwin in defence. Following his heroic goalkeeping last week Henry W was once again given the goalkeeper position. Berky started strongly with great skill showed by Charlie M, Max and William and solid long-range shots from Charlie D, Edwin and Ollie O. Enormous pressure was put on the Hatherop defence and it finally crumbled with an own goal - Berky 1-0 up. The team went into the second half desperate to score more goals but the size of the goals (and the excellent Hatherop goalkeeper) made this very difficult. There must have been 20 Berky chances slipping past the posts including an excellent long-range shot from Charlie D. At the other end Hatherop had few chances and Henry thwarted these with excellent goalkeeping - narrowing the angle for their strikers. In the end Hatherop scored an excellent goal - with only 5 minutes to go - and Berky couldn't get the goal they deserved. A great team effort though - and with a lovely sausage roll to warm them up afterwards. Well done, boys!





BERKHAMPSTEAD SCHOOL



Sports report...

NETBALL

U8A v Cheltenham College - Lost 5-0

Within the first few opening passes of the first centre pass, it was clear that Cheltenham College were a strong and experienced team. However, Berky VERY quickly stepped up to the mark and showed the away team what they were made of! There was fantastic teamwork throughout the whole team. CC scored 2 goals in the first quarter. Thanks to Darcey, Jasmine, Joy and Grace for some great interceptions, and a special mention to Phoebe for consistent and strong defence as GK. This meant that no goals were scored until the last quarter of the match by CC. There were some fantastic attempts at goal from Eleanor and Isi. Again, although Berky did not score any goals, the entire team played tactically, with pace and strong and accurate passes. Well done Isla for being a great Captain.

U8B v Cheltenham College - Lost 6-0

The U8's first ever netball match got off to a fantastic start! The team started with great enthusiasm and energy and the team played fantastically, considering they were playing a more experienced CC team. Penny, Hazel and Dulcie played strongly in attack, getting the ball quickly to our shooting circle. CC scored two goals in the first half and four in the second. Shooters Eleri and Milly made many good attempts at goal. Although it was a loss, Berky played extremely well, communicating, spacing out and passing the ball quickly. Well done Milly for being a great Captain.

U9 v Cheltenham College - Won 5-4

This was a close fought game. The girls started really well and the score was 2-0 to Berky after the first quarter. The Cheltenham Prep girls, however, rallied in the second half and quickly caught us up with some good shooting skills. The final score was 5-4 and I was particularly proud to see the girls working much better as a team and having a good understanding of the rules. Well played, everyone.

U9A v Cheltenham College - Lost 2-8

This was a wonderful match to watch, with excellent netball playing from both sides, although, as the final score shows, the Cheltenham College girls were able

to capitalise on their attacking skills and 'get the ball in the net.' Nevertheless, the Berky girls played exceptionally well to start and it looked as if we were the better side with better footwork, passing, defending and attacking. Varnika and Bea were excellent in getting the ball up to the D at the end of the first quarter, we were in the lead with a score of 2-1 and by half time we were all even at 2-2. After half time though, Cheltenham College found their feet and they very quickly scored 6 goals, leaving the final score at 8-2. Simran was a wonderful captain and Bea was voted player of the match.

U10A v Cheltenham College A - Won 9-8

I was so proud of the girls today – not because they won, but because of the way in which they played. Throughout most of the match the girls were behind but they didn't let their spirits drop and each quarter they came out fighting. They all knew what they had to do, discussing tactics sensibly between quarters and then putting them into action. After three quarters, the girls were 7 – 5 down, but they knew they could win it. The entire match was played at a ridiculous pace but in this final quarter the girls were able to control their passes and showed how good they really are. Ella captained the side well – leading by example. The girls were determined to get a win for Leslie on her birthday and their persistence paid off! Well done girls – you showed an amazing amount of team spirit and thoroughly deserved the win. Thank you for all the encouraging calls from the parents on the side lines!

U10B v Cheltenham College B - Won 5-3

This was the girls' first indoor match and it was certainly played at an impressive pace. The first quarter was incredibly tight with only one goal scored for each team. The girls had warmed up by the second quarter; Chiara intercepted many balls and played a key role in the attack. Isi and Rosannah coordinated well with Sarah to get into the best positions to score – the score was now 5 -3 to Berky. The next two quarters were all about defending our lead and Zoe was fantastic – intercepting and marking tightly. Catherine stuck to

the Goal Shooter like glue, preventing her from scoring. This was a great team victory with all the girls playing their part – well done girls! Once again, fantastic support from our parents – thank you!

U11A v Cheltenham College - Lost 12-6

The As spurred on by the B's victory started off really well and at the end of the first quarter were 2-0 up. The College then upped their game and at half time took the lead by 5 goals to 3. Berky were playing well but were beginning to struggle to get the ball into the shooters. The third quarter was even but frustratingly the College, with excellent shooting, accelerated away in the final quarter. The court play in this match was very even and there were some lovely passages of play but we need to practise our passes into the circle so the shooters are shooting closer to the post. The final score was a disappointing 12-6 to the College, it was a very encouraging match, however, and we know what we have to work on!

U11B v Cheltenham College - Won 7-2

Playing in their sports hall always makes for a fast and furious game and the many lines do not help in this respect either. The B team started off and they were terrific! Playing with speed, skill and determination they always had the upper hand and at half time the score was 4-1 to Berky. The shooting was good, the defence was solid and the centre court play superb. All this led to an accomplished and confident team performance. Well done to the whole team for a final result of 7-2 to Berky and congratulations to Rowan for being voted player of the match. This is the best I have ever seen the B team play!

