

Date: Friday 10th October 2025

The Valley Newsletter

Welcome to this week's newsletter from The Valley School! We've had a truly positive and engaging week across the school. It was fantastic to see such strong attendance at our Year 7 Parents' Evening—thank you to all families who joined us to support their children's journey. Our students showed great maturity and responsibility during their school photographs, handling the process with calm and confidence. The School Council meeting was very well attended, with students actively participating and demonstrating how seriously they take their leadership roles. We were also proud of our upper school students, who conducted themselves admirably during their English Reading Exams, showing focus and determination throughout.

Mobile Phone Use in School

Following last week's article, we've included the flow chart now displayed in students' classrooms. It outlines the appropriate use of mobile phones during lessons and the consequences if expectations are not met.

Thanks to the excellent learning behaviours of our students and the strong, positive relationships between staff and learners, mobile phone misuse has not been a significant issue at The Valley School. In the few isolated cases where support has been needed, students have responded positively and made good choices moving forward.



Year 7's Staying Safe Online

Year 7 has been learning all about staying safe online. The students shared what they have learnt by writing a short play to perform as puppets to their classmates. We had lots of fun, and the messages were clear: Stay Safe Online!



Maroon Class's First Trip of the Year!

Maroon Class kicked off our first adventure of the year with a visit to *Waste Not Want Not* nursery and recycling centre. Excitement filled the air as we pulled on our wellington boots and wrapped up in warm coats, ready for the day ahead.

Rob, our guide, gave us a fantastic tour of the site, showing us around the sheds, greenhouses, and polytunnels. One of the most fascinating facts we learned was that the centre is home to half a million honeybees, living in hives at the top of the site!

After the tour, we rolled up our sleeves and got to work. Our task was to lay a new path in one of the sales areas using wood chippings and bark. We filled wheelbarrows, tipped out the contents, and carefully spread them with rakes to create a safer walkway for visitors.

Once our hard work was done, Rob treated us to delicious hot chocolate. While waiting for our drinks, some of us spotted a Christmas tree and couldn't resist decorating it with baubles and sparkly pipe cleaners—it was a lovely festive touch, even if it's a little early!

We're already looking forward to next week's activity: making winter hanging baskets!





Year 7 Science

Year 7 spent their Science lesson looking at different animals. We used similarities and differences to sort various animals in five groups.

We also spent some time deciding which animals were the odd ones out in a selection of groups.



Importance of Sleep

On Friday, 10th October, Mrs. Roberts, our Family Engagement Lead, delivered an important assembly on sleep, drawing on information from the Mental Health Foundation. Sleep plays a vital role in children's overall health and well-being, impacting their physical growth, emotional resilience, and ability to learn and concentrate at school. The Mental Health Foundation highlights that consistent, good-quality sleep helps regulate mood, supports brain development, and strengthens the immune system. For parents, establishing a regular bedtime routine and creating a calm, screen-free environment before sleep can make a significant difference in helping children get the restful sleep, they need to thrive both mentally and physically.

Attached are top tips for sleep.



MHST Parent Workshops – We Need Your Input by Friday 17th October!

We are pleased to announce a new series of workshops for parents, offered in partnership with the Mental Health Support Team (MHST), focused on supporting children’s emotional well-being. These sessions will provide practical tools and strategies to help you manage common challenges and promote positive mental health at home. To ensure the workshops are scheduled at times that work best for families—and to make these sessions possible—we urgently need your feedback. Thank you to those who have already completed the survey. If you haven’t yet, please take a moment to complete it by the deadline of 17th October. Your input is essential in helping us plan and deliver these valuable workshops. We will share updates on the sessions after the half-term break.

<https://www.surveymonkey.com/r/RN5YNQP>

**MENTAL
HEALTH
SUPPORT
TEAM**

Year 10 Halloween Enterprise Event

Get ready for a spooktacular time on Friday 17th October! Year 10 students are hosting a Halloween-themed enterprise event featuring a School Disco, a thrilling Escape Room, and Halloween goodies available for purchase using reward points.

Students attending the event are welcome to wear non-school uniform or Halloween-themed appropriate outfits to get into the spooky spirit.



Services for Young People

Services for Young People deliver a range of youth work projects for young people aged 11-17, up to 25 for care leavers and those with SEND, in young people’s centres and other local community venues in all districts of Hertfordshire. We are committed to giving young people high quality opportunities to learn life skills and excel in their personal and social development. SfYP aims to address issues at the earliest opportunity to give young people the best chance to succeed, have a voice in their community, reach their potential and make a successful transition to adulthood. These include:

- Projects for young people with SEND aged 11-17, including those with social, emotional and mental health (SEMH) needs
- Projects for young adults with SEND aged 18-25, including those with SEMH needs
- Projects exclusively for young people in care and care leavers
- Youth councils for all young people
- Youth councils exclusively for young people with SEND
- Mental, emotional, and physical health and wellbeing projects
- Projects for young people at risk of crime, exclusion or exploitation
- Projects for elective home educated (EHE) young people

**Services for
Young People**

- Projects for LGBT+ young people who need additional support
- Projects for young Black, Asian and minority ethnic (BAME) people who need additional support
- Single gender projects for groups needing additional support
- Detached (street-based) projects for young people who need additional support

For further information or any inquires please see the Services for Young People website or email us on SfYP@hertfordshire.gov.uk.

After School Clubs This Term

These started again on Thursday 11th September 2025. The activities start at 3.15pm and go on until 4.15pm. Parents will need to collect students at 4.15pm from reception.

The clubs on offer are as follows:

Tuesday

Sports Club (max. 14)

Performing Arts Club (max. 30)

Thursday

Art and Craft Club (max. 15)

The list of students expected to attend clubs on Tuesdays and Thursdays is attached to this newsletter. If your child is on this list, then it means that we have received your permission and that arrangements regarding transport home for your child have been agreed with you. If this is not the case, you need to contact admin@thevalley.herts.sch.uk so we can address any anomalies well before the evening.

Students will not be able to join a club after this list has been published until the following week as organising transport and supervision is too complex to do well with very short notice.

Thank you for your support with this.