



HeadLines

'It was the best of times, it was the worst of times'. I am sure that Dickens' iconic opening to 'A Tale of Two Cities' has resonance with the state of Britain and the state of the world as we find them at the start of 2009.

We are always being told that stress is bad for us, but this week a report in the medical journal 'The Lancet' indicated that sadness is good for us. Now that is not to say that pessimism is being recommended as a tonic for our ills. It is melancholy rather than expecting the worst, which apparently can help us to recognise happiness more explicitly and enable us to appreciate the range of emotions open to all of us. The idea that sadness can be 'cured' or happiness can be acquired chemically is not a sound basis for lasting joy, according to the experts.

It is interesting, isn't it, to consider what makes us happy and what makes us sad. Regular readers probably have an inkling as to my own emotional barometer accelerators, but sometimes the smallest things make a major difference. I had noticed, for example, that in my frequent forays to pay for petrol, any friendly banter with the assistant taking my cash was not apparent. I undertook to be pleasant and pass the time of day – even at 6 am. It's proved to be a fascinating sociological experiment, which has resulted in smiling faces, better service and one chap (who does the night shift) in a garage off the A1 telling me how people never look at him or smile at him or ask him how he is or treat him as a human being. How sad. Of course they could be making other derogatory comments behind the back of this sad, in a different sense, middle aged woman but I genuinely think that a small gesture has made a difference.

What makes a difference to your happiness rating? Watching Hillary Clinton and Barack Obama on CNN News over the past few days has lifted my spirits for hopes of a better world, I have to say. Looking forward to seeing 'Anything Goes' is another lift for the spirits.

One of many uplifting Jewish folk tales is the one of the two friends who lived in different countries. One visited the other and was arrested for being a spy. He was sentenced to death. He pleaded to be given a month to put his affairs in order and make sure his family was cared for. The King refused. His friend stepped forward and volunteered that in the event of him not returning, he would take his place and be executed. A month passed and he did not return. The friend's head was placed on the executioner's block. The axe descended. The missing friend leapt up and grabbed the axe. He had returned. So moved was the King by the friends who were prepared to give their lives for each other that he pardoned the condemned man.

Extreme perhaps but in a term when we have experienced some vandalism in school which has been addressed almost immediately by public spirited actions, I am ever hopeful that a school which relies on such principles can address issues of anti-social behaviour very effectively. As Keats wrote in 'Ode on Melancholy':

'But when the melancholy fit shall fall
Sudden from heaven like a weeping cloud...
Then glut thy sorrow on a morning rose
Or on the rainbow of the salt sand-wave'

Sandra Samwell, Headteacher



arts colleges

Music Department News

Congratulations! Well done to all the Music students who recently took Associated Board of the Royal Schools of Music exams; everyone passed as follows:-

D'Arcy Monk	7A	Saxophone	Grade 3	Distinction
Timothy Chang	8P	Piano	Grade 2	Merit
Dionne Donaldson	8L	Flute	Grade 3	Pass
Nicola Kennett	8N	Flute	Grade 3	Merit
Matthew Prowse	8P	Violin	Grade 3	Pass
Elliott Craven	9P	Saxophone	Grade 2	Pass
Julia Openshaw	9C	Flute	Grade 3	Pass
Glen Taylor	9F	Saxophone	Grade 4	Merit
Sophie Clayson	10L	Flute	Grade 3	Pass
Emily Woollatt	11F	Flute	Grade 4	Merit
Jennifer Tucker	13P	Flute	Grade 7	Pass

Library Notice

The Times/Sunday Times Books for Schools scheme started on 11 January. We can exchange these tokens for free books of our choice from a catalogue of 170 titles. There will be 12 tokens printed each week and with books starting at just 10 tokens you don't have to be a regular Times reader to make a difference to our collection. Tokens can be deposited in the collection boxes in Student Services, Reception and the Library. With your help we can make a real difference to our Library, ensuring that students have access to some of the very best titles available to help them to read and improve their literacy.

A big thank you to Year 9 parents who donated almost £200 worth of books to the Library at last week's parents' evening. Your generosity is much appreciated.

Orders from the Scholastic C2C leaflet need to be handed in to the Library by the end of the school day on Wednesday 21 January.

A number of students received overdue book notices last week. Please return these books to the Library immediately.

Mrs E Krajewski, Librarian

Year 11 Mock Exams – Results Morning

The Year 11 Mock Exam Results Morning will take place next Tuesday during the Academic Tutoring period. Students will have a brief assembly and then receive their full set of grades along with an average points score (APS) based on their performance. The APS indicates whether or not a similar performance in the summer would be enough to gain a place in the Sixth Form. I would ask that parents/guardians discuss results with your son/daughter and begin to review targets for the remainder of the school year. Please do not hesitate to contact your child's Student Achievement Leader if you wish to discuss their results further.

Mr G Mullings, Assistant Headteacher

SCIENCE WEEK (9th – 12th March)

Science Week is coming up soon and, with the school gaining its Second Specialism in Science and Maths, we would love to know if you or any of your friends or relatives work in the fields of Science and/or Maths. If you do, and would be willing to be involved in work within the school, please contact Miss Harris (Learning Leader: Science) or Miss May (Learning Leader: Maths). Thank you.

Miss J Harris, Learning Leader: Science

GRADUATE TEACHER PROGRAMME BRIEFING

- **Are you a graduate?**
- **Are you thinking about a career change?**
- **Do you have the skills and experience to make a difference for the young people in our secondary schools?**

Become a teacher

on the Graduate Teacher Programm (GTP) and train on the job receiving a salary while you do so.

Find out more at the following Briefing:

Holiday Inn M1 Jct 8, Hemel Hempstead

Thursday 22nd January 2009 7 – 8.30 pm

(Pre-registration is essential in order to attend this event)

Please note: this event is only appropriate for graduates with a degree wishing to teach your subject in a secondary school. The GTP is not appropriate for graduates who have already trained as a teacher.

For further information and to register for this event please go to our website www.hertsdirect.org/teachinherts or contact the School Workforce Development Team by email teachinherts.hdc@hertscc.gov.uk or telephone 01438 844871.

MFL Department Stars of the Month for December

Year 7 French

Joanna Toms, Rebecca Thorne, Ross Trevillion, Robert Veall, Jack Rolfe

Year 8 French

Ellen Rogers, Kayleigh Hendin, Callum Harbour, Lucy Wiseman

Year 8 German

Molly Banham, Ben Kikta, Jessica Miller, Liam Wadmore, Thomas Watkins, Chloe Bradley

Year 9 French

Andrew Coe, Stevie Farrow, Gemma Putt

Year 9 German

Sam Catlin, Glen Taylor, Zachary Booth, Bethany Duffield, Charlie Stewart, Alice Smith

Year 10 French

Amelia Wright, Polly-Anna Daniels, Dominique Collinge

Year 10 German

Daniel Cottrell

Year 11 French

Arran Sparrow, Helena Mansbridge, Jamie Allen

Year 11 German

Max Farrelly

Year 12 German

Hannah Parikh

Year 12 Spanish

Jack Parsons

Year 13 French

Lauren King

HEADTEACHER'S COMMENDATIONS

For Excellent Work in Science:

Ryan Howe 9A

For Excellent Work in Food Technology:

Lauren Stone 7P

Andrew Sells 7P

For Excellent Work in Geography:

Thomas Baldwin 7F

Dean Breed 7F

Caitlin Filby 7F

Isabel Briggs 7F

Lauren Nicell 7F

Owen Lloyd 7L

Danielle Saunders 7L

Robert Veall 7L

Tsungai Lewry 7N

PTA News

Jumble Sale

Saturday 21st March 10 am

Please begin to sort out your unwanted clothes and household items for the Jumble Sale. We are able to store them now.

If you received any unwanted Christmas gifts we could really use them for our summer fair tombola stall.

Summer Fair

The event has been arranged for Saturday May 16th.

If you would like to run your own stall, or know someone who would, please get in touch.

We have lots of things planned already including Hemel's Got Talent, which Miss Samwell will be hosting.

Our Sports Leaders are putting together a tournament for our linked Primary schools' Year 6 students.

Next meeting is on Tuesday 20th January 2009 at 7pm in the Library.

Judith Stallworthy, Chair HHSA (01442 393266 or mobile 07749 727350), email s.stallworthy@sky.com

Food Technology/Catering/Child Development Coursework 2008:

Please collect any remaining folders from the June 2008 exam series from M15. Any folders left after 30 January will be disposed of. Thank you.

Mrs A Walker, Head of Technology

Gold Letters issued recently:

Letter 94 Year 11 Applied Science Coursework

Letter 95 Voluntary Contribution

Letter 96 Year 11 French Conference

Letter 97 Year 11 German Conference

Letter 98 GCSE Music Conference

Letter 99 Year 11 Careers/Options Forum

Letter 100 Years 12 and 13 Music Conference

All Gold Letters can be viewed on our website:

www.hhs.herts.sch.uk

School policies can be viewed on our website under 'about HHS/School Policies'. If you require a hard copy of any of the policies please get in touch with the School Office.

S J Samwell

SPORT



FIXTURES

Sat 17th Football v Adeyfield. Yrs 7, 9 and 10.

Venues tbc. 9 – 11 am.

U13 Dacorum Schools v Northampton (A) 8 am – 1 pm

Mon 19th Yr 7 A + B Netball v Queens (A)

Tues 20th Yr 8 Hockey Mini League @ Tring

Wed 21st Yr 8 7-a-side Hockey v JFK (H)

Thur 22nd Yrs 7/8 Girls County League Basketball v Bridgewater (H)

Mr P Bryson, PE Department

SPORTS NEWS

The following students were entered for District swimming trials, which took place on Wednesday, 14th January:

Year 7

Gabby Cole, Morwenna Hooker, Lauren Nicel

Year 8

Rachel Lotts, Nicola Kennett, Zoe Littlechild,
Ellen Milligan, Ben Barnes, Connor Reynolds,
Louis Mayhew, Curtis Barnett, Daniel Ford

Year 9

Lamorna Hooker, Lois Moore, Sam Piggott

Year 10

Alex Hatt

If selected, students will represent the District at the County Gala at Haberdashers Askes Girls School in Borehamwood on Friday, 27th February 2009.

Best of luck to all athletes competing in the County Cross Country Championships in St Albans on Saturday .

Miss E Bevan, Learning Leader: PE

February Half Term NETBALL CAMP

Apex Multisports and The Gade Extended Schools Consortium have joined forces to offer a new, fun-packed Netball Camp for Years 7, 8 and 9 on Monday 16th and Tuesday 17th February at Cavendish School. There will be top coaching on all aspects of Netball, along with a fun tournament and prizes. The camp will run from 10 am to 3 pm, registration is at 9.30 am and the cost is £15 per day. Please phone 01442 834361 to book your place.

Extended Schools Administrator

Dates for Your Diary



Gold Week

- 19th Jan** Year 10 Science Module (58 students)
- 20th Jan** Year 11 Mock Results Morning
- 22nd Jan** Year 11 Music Conference
- 23rd Jan** Year 11 Post-16 Careers/Options Forum
- 24th Jan** School Production Rehearsal 9 am – 6 pm
- 25th Jan** School Production Rehearsal 9 am – 6 pm
- 25th Jan** D of E Gold Training Day

Blue Week

- 27th Jan** Year 7 RE visit to Hindu Temple
- 28th Jan** Year 7 RE visit to Hindu Temple
- Year 9 Options Forms return deadline
- 28th – 31st Jan** School Musical 'Anything Goes'
- 30th Jan** A Level Music Conference

Sickness/absence line

Please will all parents contact us daily if your child is sick, going to be late in due to a medical appointment, or is absent for any other reason. Please call our sickness/absence line on 01442 390103 by 9am if possible.