



Love never fails. For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known. And now abide faith, hope, love, these three; but the greatest of these is love.

1 Corinthians 13

Dear Parents,

The academic year has drawn to a close and we have bid a sad but fond farewell to our leavers and Form VI class. Girls, staff, family and friends of St Hilda's gathered for a moving service of readings, prayers and stirring music to give thanks for all the many happy moments through the year. There have been many things to give thanks for. In a troubled world, it is important for our girls to be reminded of the important aims St Hilda's seeks to teach them, and the service was entitled 'The Greatest Gift', that whatever we do and however well we do it, we must show love, care and respect for others. Mrs Kendall and Mrs Addis gave the lesson from the well-known reading in Corinthians.



Charity Collections

The two charity events at the end of term have been very well supported and we are most grateful to all members of the School community who supported these. The final total for Cancer Research is still growing and we will let you know of the final amount at the start of next term. The girls had a fun afternoon on the field on the final Wednesday, raising funds for the Bedfordshire Wildlife Trust.



Activity Week

The girls all enjoyed a range of different experiences in Activity Week. Trips to Paradise Park and Stanborough Lakes were received with enthusiasm, together with traditional events such as the Eco Fashion Show. A special event was on Tuesday when Reception and Form IV visited the Harpenden Bethesda Home to spend time with the elderly residents and to share with them some of the animals that were there on behalf of Mill Farm Cottage Experience <http://www.mcfе.org.uk/>. The girls had great fun and interacted so well with the people there.

Walking Bus

Due to staff changes, we are no longer able to run the Walking Bus in September. We are so grateful to Mrs Matthews who has run this venture for many years and thank her for her dedication.

Tana McPherson-Smith, who led a forum on mental health in May, is leading a restorative break in late August. Please see the subsequent page for further details.

May I take this opportunity to wish everyone in the St Hilda's community every happiness for the summer break. I look forward to seeing you all again on Wednesday 6th September.

With best wishes

Mr Sayers
Headmaster



Language Classes for Adults Beaumont School, St Albans, Autumn Term 2017

Develop your conversational, reading, writing and listening skills with experienced adult teachers. Most are native speakers. Classes are stimulating, friendly and fun, with the focus on developing conversational skills alongside reading and listening. You will be advised which course books to buy. Look on the individual course pages for more details about each language class at our website, www.bsvcourses.co.uk. Classes run for ten weeks per term and are structured to run for three terms during the year, providing 30 classes in total.

Beginners Courses are suitable for people with no knowledge of the language or who have a little knowledge and wish to start learning from the beginning again.

Continuers Courses are for those who have been learning for about a year. They are a continuation of the beginners course from last year, but are of course open to anyone with some experience of speaking the language.

Intermediate Courses are for those who have been learning for two years or more or who have done GCSE or O Level in the past and would like to refresh their skills. These classes are non-exam classes which will be following the GCSE syllabus.

Advanced Courses are suitable for those who are post GCSE standard. There is a wide range of experience in these classes.

Monday 7-9pm

- Spanish Afternoon Continuers Class 2.30pm
- Spanish Continuers Evening Class
- French Beginners
- Italian Continuers
- Italian Intermediate
- German Intermediate (GCSE non exam class)

Wednesday 7 - 9pm

- Italian Beginners
- Spanish Intermediate (GCSE non exam class)
- German Beginners

Tuesday 7 - 9pm

- German Advanced
- Spanish Advanced

Thursday 7 - 9pm

- Italian Continuers
- German Continuers
- Spanish Beginners

Classes start w.c 25 September and finish during w.c 4 Dec (apart from Wed classes which finish on 13 Dec.) There are no classes at half term, w.c 22 October.

Fees are £100 per term (reduced to £90 per term for parents at Beaumont, Sandringham or Verulam Schools.) Fees cannot be refunded if participants miss classes or drop out of the course.

To enrol for a course please email carole.heselton@verulam.herts.sch.uk or call Carole on 01727 754113

'Me Time' - It's a Gift!

Restoration Break

28/29/30 August 2017

plus optional Equine Led Wellbeing Day on 31st August 2017

Feeling Stressed? Finding work and/or your children are causing you
overwhelm? Need a break and time just for you?

**Tana Macpherson-Smith, Founder of ClearMinds Education Limited
Invites you...**

.....to de-stress, relax, unwind and recover your equilibrium,.....
...to find out who you truly are; what holds you back; how to step out of
your identity and to Be, Do and Have whatever you want in your future

Feeling Ruffled...?

Life moves so fast these days that we rarely have time to stop and take stock. If we're feeling stressed, it's not just ourselves who are affected, but those around us too.

There is no doubt that our emotions and behaviours impact our relationship with our partners and our children (or pupils). Without even realising how or why, our dealings with children can create life-long mental health issues for them.

On our **Restoration Break**, investing in a little 'me' time, is investing in your family and pupils as well. After three days of relaxation, interactive workshops, holistic therapies and enjoying the company of like-minded individuals, you'll find you have a tool-kit of methods to get the best out of your children or pupils, and the insight and skills to take your own life to the next level.

Your hosts, Tana and Graeme Macpherson-Smith, are parents with 65 years of teaching experience between them. Tana is committed to enhancing the emotional resilience and wellbeing of children and teenagers. She founded ClearMinds Education Limited to provide mental health education, prevention programmes, coaching and therapy for the children, parents and teachers. Looking after YOU, is the first and most important step to enhancing the mental wellbeing of your children.

Places on this transformational Restoration Break are limited to a maximum of 15 guests so that we can give you our undivided attention throughout.

Book a Place...

If you are interested in this unique opportunity and would like to book a place on the **Restoration Break**, and the **Equine Led Wellbeing Day**, contact **Tana Macpherson-Smith** on **07710 479985** or email tana@clearminds.org for further information and a booking form.