



Ridgeway News

SHARING THE DETAIL AND THE BIGGER PICTURE WITH OUR COMMUNITY



Issue 52
March 2020
Week 1

Ridgeway Academy

Headteacher's Message

We are in the process of appointing our Head Girl and Head Boy for 2020-21. The six strong contenders have presented their vision and strategy to staff and to students and will undertake a rigorous selection process on Wednesday. Each has written a pledge for your consideration, please take time to read this below.

Stuart Plumb

"If I was to become Head Boy I pledge to help the school continue to change and improve by listening to students and being the student voice in decisions while setting an example and being an active face at events such as open evening."



Kayne Rowe

"My pledge to the Head Boy role is to ensure that all students have a voice and will be heard, I would do this by drawing on the experiences that I have had within my school life across all aspects i.e. culture sport, social, academically and emotionally and incorporate these in order to achieve and create an inclusive community."



Kelly Cooper

"I pledge to instill creativity, promote growth mindset values as well as encouraging pupils within Ridgeway Academy to take up social and educational responsibilities within our community."



Melissa Aylott

"I would love to be Head Girl to give something back to the school after all the support over the last six years. If given the privilege of Head Girl, I would like to oversee an increase in student participation in school events and clubs as well as further integrating sixth form students into the rest of the school"



Lauren Somerville

"If I become Head Girl, I pledge to create an exciting environment for all the students at Ridgeway. I would strive to work on areas of the school



which need improving and I will try my best to build a bigger relationship between our school and the local community."



Nile Stanton

"As Head Boy I would pledge to show respect and mutual understanding to every student and member of staff. I will uphold the name and values of our school and strive for excellence in everything I do. Through co-operation and unity with others I hope to make our school proud."

Congratulations to former student, Hannah Dykes who completed A-levels in 2016 and wrote to pass thanks on to all the staff at the school for their support and encouragement throughout her time here, particularly during her A levels and when applying to university. Following completion of her undergraduate Science degree at Southampton, Hannah has received an offer to study medicine at the University of Warwick. She wanted to thank staff for the pivotal role they played in her decision to continue to study science at degree level and to pursue her ambition to study medicine. We wish Hannah every success and have invited her to Ridgeway in the summer to share her experience with younger students.



Today, our September 2020 Year 7 students receive the offer of a place at Ridgeway Academy. With over 200 first choice applications for 180 places, we are delighted to welcome our new students and their families. We have written to welcome them and will host 1:1 meetings for new families with senior staff in the summer term. All new Year 7 students will undertake a residential visit to the Peak District w/c 21 September 2020. This is for all Year 7, their Form Tutors, Mrs Tinker and senior staff. Students will participate in outdoor and adventurous activities designed to develop their skills in team-building, communication and resilience.

Today concludes the Year 11 pre public examinations. With 40 school days left before the real exams, it is imperative students continue to focus in lessons and during study time at home. The following page has Top Tips for families to support at home:

Headteacher's Comment Cont..

Reaching your target grades & how to get there in 40 days:

- Excellent Attendance
- Effort in all lessons
- Careful Revision: 1 - 2 hours per night
- Review previous errors
- Target weaker subjects
- Exam Practice
- Learn the difficult stuff
- Ensure you get English & Maths (Use the PiXL Maths app)
- Ask for help
- Plan for an Easter of Effort – improving by 25%
- Use Dr van der Spoel revision tips
- Attend Study Support

Mrs Sarah Mitcherson
Headteacher

English News

On Monday 10th February, students and staff from across the four houses took part in a creative 'Junk to Funk' challenge. Designs included cardboard scarfs, wrapping paper aprons, shopping bag outfits and plenty of vibrant accessories. Thank you for all who donated resources, which have now been taken for recycling.



Mr R Sutton
Associate Assistant Headteacher

Duke of Edinburgh Training

The next DofE Training session will be Thursday 26th March. The topic will be Practical Navigation Session: Walk Around Tewinbury Farm.

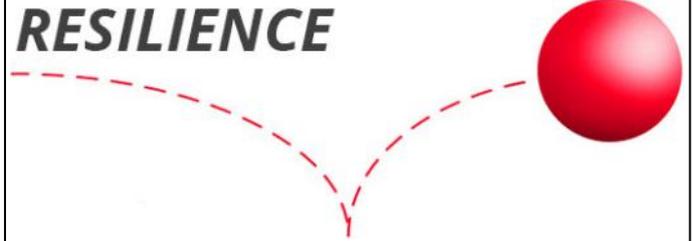
Mr R Sutton
Duke of Edinburgh Coordinator



Half Termly Theme - RESILIENCE

Resilience is the capacity to recover quickly from difficulties; toughness.

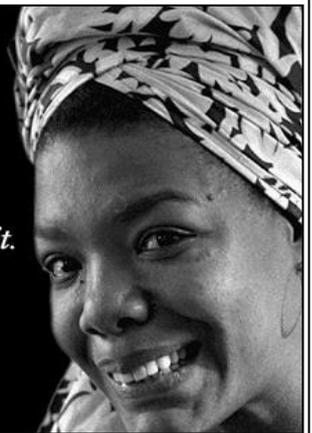
RESILIENCE



Quote of the Week

*I can be changed by
what happens to me.
But I refuse to be reduced by it.*

readingaddicts.co.uk



Maya Angelou was an American poet, singer, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years

Camps International Fundraising

The next Camps meeting date is Wednesday 4 March 2020 in K2 at lunchtime. The topic is Group preparation time for Spring Event.

Please note Mr Sutton is in K2 every Wednesday lunchtime and can accommodate drop-in meetings on an as needed basis.

Mr R Sutton
KS3 and KS5 Coordinator of Geography



Young Chef of the Year Finals

On Friday 7th February, Ridgeway Academy were delighted to host the Young Chef of the Year Final in partnership with the Rotary Club and The Food Teacher.

Over 500 primary school students took part in Welwyn and Hatfield before the 9 finalists were chosen to represent their schools. On the day they had to cook a 3 course meal for judges that included the former Queen's chef Harry Lomas!

The event took part in our food technology rooms in C block and the students used our equipment. We would like to say a massive thank you to Mrs Krantz and Mrs Pearson for their help on the day and prior to the event.

We loved hosting this event and it was amazing to see such passion go into the cooking.



Ross Goodship
Sports Centre Manager

Drama News



Well done to all our Year 10 Drama students who successfully performed an edited version of Blood Brothers last half term as part of a practical assessment. Blood Brothers is their set text for their written Drama paper and the students need to be able to write about the play in great detail. Exploring it practically and performing it to an audience is a huge challenge but a task that has great impact as it helps with their theory work later on in the course.

This is a very mixed group and there are a variety of needs and contexts. They all rose to the challenge and were happy with their performances. Lots of positive feedback from parents too. We were incredibly proud of all of our performers who for some was the first time in front of an audience.

Miss S Standage
Drama Subject Leader

Pupil Success

Year 7 pupil Jacob competed in the EKF National KYU Grade Championships during the half term.

He fought 12 fights and won 10 meaning that he won Bronze in his teams and Silver in his individual. This now means Jacob is 2nd in England for under 12 Wadaro Karate.

We are incredibly proud of him and he fought so hard and sensibly and with his brain rather than losing his temper which was brilliant to watch.

He is very bruised, he looks a bit battered as he got hit in the face a few times so looks a bit in the wars but is absolutely fine.



Mrs M Tinker
Director of Learning Year 7

School Clubs



KS3 Art Club Wednesdays 3-4pm
Years 7, 8 and 9

KS3 MFL Club

Tuesday lunchtimes Room M4
Week 1 is French
Week 2 is Spanish



Guitar Club

Thursdays 3-4pm Music Department.
All students/all abilities welcome.



Dance Clubs

KS3 Dance: Mondays 3-4pm
in Dance Studio (Sports Hall).

**KS4 Dance Technique
(awaiting confirmation):**
Thursdays 3.15pm-4.15pm
in Dance Studio (Sports Hall).

Ridgeway Dance Company:
Fridays 3-4.15pm in Dance
Studio (Sports Hall).

Chess Club

Library. Officially every Wednesday
lunchtime but students can come
and play most lunchtimes and
after school 3-4pm.



Book Club

Library. Friday lunchtimes.
Students can read/discuss books
and do book related activities

KS3 Musical Theatre Club

Wednesday after school 3-4pm.
E1 and E2



Homework Club

Everyday 3-4pm in K2. All years.

Drug Alert

Drug Alert re: Day Dreamerz Edible Highs 'Crazy Cola Bottles'

An incident has been brought to the attention of Hertfordshire Constabulary regarding the above sweets in which a 15 year old male suffered adverse reactions as a result of consumption.

These sweets contain Tetrahydrocannabinol (THC) and also Cannabidiol (CBD) and are available to purchase online from the USA. The male in question purchased these sweets from a fellow pupil.

The 15 year old male exhibited significantly over-sexualised behaviour, violence and was physically sick. Other symptoms of consuming such a product can be hallucinations, increased heart rate and/or extreme lethargy.

Please be aware of the existence of these sweets (images below) and also of the potential side effects.

For more information on THC and CBD please see:

<https://www.talktofrank.com/drug/cannabis#how-it-feels>

For further support please contact Spectrum, Hertfordshire's Drug and Alcohol Recovery Services:

<https://www.changegrowlive.org/advice-info/under-21-advice/professionals-info>

In an emergency always dial 999.

Mrs Sarah Mitcherson
Headteacher



Dance and Drama News

We have the following Dance and Drama dates coming up:

Examinations

Year 11 Dance (Mock practical exam)

Monday 2nd March. Evening performance to parents/friends 5pm in E1/E2.

Year 11 Dance @ The Sandpit Theatre (tbc)

Tuesday 3rd March. Practical exam Periods 1,2,3,4,5.

Year 11 Drama (Mock practical exam)

Tuesday 24th March. Performance to parents/friends, E1/E2, 5pm - 6.30pm approx.

Year 11 Drama Practical Exam Performance to external examiner.

Tuesday 31st March P1,2,3,4,5 until 5pm.

Drama rehearsals

Every **Monday** after school 3-4pm for Year 11 in E1 and E2.

Every **Tuesday** after school 3-4pm for Year 10 in E1 and E2.

Musical Theatre Club

Every **Wednesday** after school 3-4pm for KS3 in E1 and E2.

Year 10 Drama Theatre Workshop

Monday 2nd March. Periods 2,3,4.

KS3 Dance

Every Monday after school. 3-4pm in Dance Studio (Sports Hall).

KS4 Dance Technique (awaiting confirmation)

Every Thursday after school 3.15pm - 4.15pm in Dance Studio (Sports Hall)

Ridgeway Dance Company

Every Friday after school 3-4.15pm in Dance Studio (Sports Hall).



Miss S Standage
Subject Leader for Drama and Dance
NQT Coordinator

School Vacancies

The following vacancies have been advertised on our website and on the Teach in Herts/TES websites:

Subject Leader for Social Sciences

Closing date: 9am 12th March 2020

One to One / Small Group Tutor (Maths)

Closing date: 9am 13th March 2020

NQT English

Closing date: 9am 16th March 2020

SL Design Technology 0.8 (maternity leave cover)

Closing date: 9am 18th March 2020

Mrs H Smith
PA to Headteacher

Coronavirus Public Health England update

We are writing this on the advice of Public Health England regarding the Coronavirus situation, but please note there are no instances of Coronavirus associated with the school.

We have been told Hertfordshire is low risk in relation to Coronavirus but have been asked to inform parents of up to date advice as the school finishes a holiday period where many families have been travelling, both in this country and abroad.

We have received information from Public Health England as follows:

"If you have travelled to Hubei province (which includes Wuhan) - don't return to school for 14 days, self isolate and ring 111.

If you have contact with a known case of novel coronavirus (COVID-19) - don't return to school for 14 days, self isolate and ring 111.

If you have attended or worked in hospitals or healthcare settings anywhere in China, Macao, Hong Kong, Singapore, Japan, Thailand, Republic of Korea, Malaysia or Taiwan - don't return to school for 14 days, self isolate and ring 111.

If you have travelled to China, Macao, Hong Kong, Singapore, Japan, Thailand, Republic of Korea, Taiwan or Malaysia and don't meet any of the above criteria - do not return to school until advice has been taken from NHS 111."

While it is important we provide the above advice, I feel it is important to understand there is no cause for concern, since any risk to the UK is currently moderate and highly unlikely for our school.

Mrs Sarah Mitcherson
Headteacher



LEARN TO BALANCE AND RIDE
AND DEVELOPING BETTER
BIKE CONTROL COURSES
(MARCH AND EASTER 2020)



One of the best skills children can learn, opening up opportunities for fun, independence, activity and health for a lifetime

LEARN TO BALANCE AND RIDE (L2BR)

- For children aged between 4 and 9
- 85% + of children are normally riding after 2 sessions
- 1 Instructor to max 5 children
- Balance bike and quality lightweight pedal bike for each child
- 1 hour sessions

DEVELOPING BETTER BIKE CONTROL (DBBC)

- Follow-on course for new or inexperienced riders
- Covers key skills of starting, stopping, turning, locking, riding close to others, gears and signalling
- 1 Instructor to max 5 children
- 1 hour session

Dates: Saturdays March 14th and 21st and Monday April 6th to Thursday April 9th.
Venue: Fleetville Jnr School, St Albans. AL1 4LW

Tuesday April 14th and 15th. Venue: The Ridgeway Academy, Welwyn Garden City. AL7 2AF

Thursday April 16th and 17th. Venue: Sir John Lawes School, Harpenden. AL5 4QP

Cost: L2BR £24 for two sessions. DBBC £12.50 with bike hire or £10 with own bike.

For more information and to book, go to www.hertsbalance.uk/schedule---booking, email phil@hertsbalance.uk or call Phil on 07941 061717.

Year 9 Reports

The Year 9 reports are complete and have been sent out to MCAS.

Mr L Thomas
Data Manager



Year 12 Post-18 Evening for Parent/Carer on Thursday 26th March

We encourage our students to consider carefully the options open to them after Sixth Form, whether that is Further Education, Apprenticeships, the world of work or Higher Education.

For all students there is a comprehensive programme of guidance available through Life-Skills programmes, visits to Universities, conventions, talks, workshops and discussions with Heads of Sixth and Unifrog. It is essential that we prepare students thoroughly so that they can make informed choices about their future.

I would like to invite you to this event taking place at Ridgeway Academy in the Sixth Form Centre, 1st Floor, Common Room on **Thursday 26th March 2020 from 6.00pm until 7.00pm**. Students do not need to attend as it is unlikely they will receive any new information but they are welcome to come along if they/you wish to discuss anything with me.

Please let the school know by Monday 23rd March if you wish to attend.

Mrs S Merrigan
Head of Sixth Form

Cars on Site

Can parents please NOT drop off students on site, unless they have an appointment or arrangement with the school to do so.

Additionally with the dark mornings and evenings can parents park considerably outside the gates respecting the zig zag lines and our local neighbours. This is to ensure the safety of all around the roadways and give as much visibility to other drivers up and down Hens Lane.

Peter Ephgrave
Site Manager

Library News



Reading Challenge

Read 20 books in 2020

Year 7 and Year 8 students have been hearing about the 20/20 Reading Challenge in their Library lessons and the challenge will launch officially to the whole school this week. We hope you will encourage your son or daughter to take up the challenge to read 20 books during 2020. The challenge is aimed primarily at Years 7-9 but all students (and staff!) are welcome to take part. For each book read the student must submit a book review which may be written or be a verbal presentation. Full details and record cards for students to record their progress are available from Mrs Lawrence in the Library.

Thank you, Mrs Lawrence
[@LibraryRidgeway](https://twitter.com/LibraryRidgeway)



Fundraising Success



Ms Sarah Mitcherson
Ridgeway Academy
Herns Lane
WELWYN GARDEN CITY
AL7 2AF

19 February 2020

Reference: 77851

Dear Sarah

On behalf of Isabel Hospice, I would like to thank you and all the Ridgeway Academy pupils and staff for the very generous donation of **£1,000** which was raised at your Fancy Dress charity day.

Our vision is of a world where communities talk openly about death and dying, where everyone lives life to the full and dies with dignity in the place of their choice, knowing our loved ones are supported.

It therefore gives us great encouragement to be so well supported by our local community and we can assure you that these funds really will make a difference to the care we provide for our patients and their families. Your donation of £1,000 could cover the cost of over **21 two hour home visit** by our Community Clinical Nurse Specialists.

Thank you once again for supporting our free nursing care and support services. If we can help you support us further in the future, please do contact me with any ideas or queries.

Best wishes from our patients, their families and everyone at Isabel Hospice.

Yours sincerely,

Linda Cudmore
Community Fundraiser

REGISTERED OFFICE:

Head Office, 61 Bridge Road East,
Welwyn Garden City, AL7 1JR

t. 01707 382500

f. 0843 290 5771

e. enquiries@isabelhospice.org.uk

Isabel Hospice @isabelhospice



www.isabelhospice.org.uk

Registered Company No. (England & Wales) 3056823
Registered Charity No. 1046826



Successful Theatre Trip

We had another successful theatre trip for our Ridgeway students. We went to see Splendid Productions' adaptation of 'Dr. Faustus' at the Bedford Quarry Theatre and the Year 10 Drama students were a real credit to our school.

We had an engaging experience with lots of audience participation and fun alongside the dark and intense themes of the seven deadly sins and damnation to hell. A very clever approach that will give lots of inspiration and reference for the students.

This is then going to be further developed on Monday 2nd March as Splendid Productions are coming in to deliver a three hour devising workshop with the group to prepare them for their devised exam pieces.

Don't forget to follow us on Instagram
[@ridgewayperformingarts](https://www.instagram.com/ridgewayperformingarts)

Miss S Standage
Subject Leader for Drama and Dance
NQT Coordinator





Revision

Folder competition
Open to years 7, 8 and 9



Reward lunch for **all** students whose folder contains the following:

- ✓ Knowledge organiser per topic
- ✓ Q&A 20 Q & A revision per topic
- ✓ Up to date tracker that identifies key ideas that need more work
- ✓ New targeted revision on the parts of each topic you still need to work on

Bring your folders in to show off your amazing revision work on the 18th May 2020 and so that you can earn your reward.



Better Behaviour Happier Families



Taken from the **Parenting Puzzle**, A **FREE 4 week course for parents and carers** with children aged 5+ years, aims to improve relationships and emotional wellbeing within families.

It builds on the skills parents already have and suggests lots of ways to improve family life and manage the behaviour of children.

Topics covered include:

Calm, Confident parenting, a parents' understanding of empathy, the importance of listening and communication, the power of play, and lots more!

When: Wednesdays, 4th, 11th, 18th & 25th March 2020

Time: 9.15 arrival for 9.30am start until 11.30am

Where: Christ Church, 20 Tewin Road, WGC, AL7 1BW

There is free parking on site, alternatively Tewin Rd is served by several bus routes operating from both Welwyn and Hatfield areas

Please Note: Unfortunately, we are unable to accommodate children or provide Creche facilities at this course.

To Book: Please contact Hannah Chiswick on 07957 361227 or send Hannah an email to HChiswick@stanborough.herts.sch.uk

This popular course will fill up quickly so please book your place ASAP by Mon 24th February.

**JUST4KEEPERS
BEDFORDSHIRE**

WELWYN GARDEN CITY

MONDAY 2ND MARCH - FIRST SESSION FREE
6:30 TO 7:30PM - 7 TO 11YRS (11 SPACES)
7:30 TO 8:30PM - 12 TO 16YRS (12 SPACES)

Venue:
Ridgeway Academy, Hens Lane
AL7 2AF

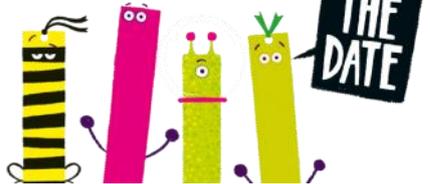
Contact Conor on
conormurphy@just4keepers.co.uk or on
07312 085886

Come and learn all about goalkeeping at our session!

World Book Day

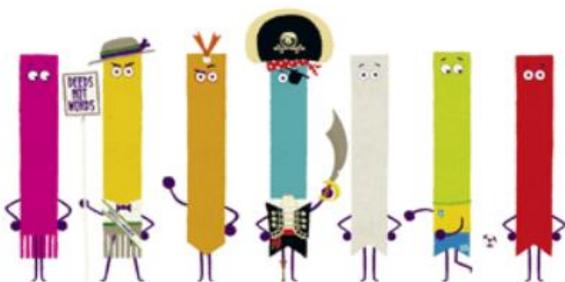
THURSDAY

5 MARCH



World Book Day is on Thursday 5th March this year. To celebrate this event, and our love of reading, Ridgeway Academy will be hosting a number of exciting events that we encourage students, parents and staff to take part in. We also encourage you to keep an eye on the libraries twitter feed as we will be taking our time to #shareastory or two this week!

#WorldBookDay



#Shareastory

This year schools and organisations across the country will be using social media to share a story. Ridgeway Academy would like to encourage our students to share stories with younger siblings at home. We have a wide variety of picture books that students can loan and read with younger siblings. If you wish to share these moments feel free to share via our twitter @libraryridgeway or @ridgeway_AC Alternatively images can be emailed to library@ridgeway.herts.sch.uk and shared in further bulletins.

#Shareastory Form Time

During form time this week tutors will be sharing the opening of some exciting stories available in our school library. If students like what they hear we encourage them to visit the library and loan a copy of the book.

Literary Pairs Competition and Quizzes

On World Book Day students will be able to take part in our literary pairs competition. They will be tasked with matching famous couples or duos from literature. Staff will wear the names of characters and students will need to find the matching pairs. Entry forms can be collected from and handed in to Mrs Lawrence our school librarian.

Mrs Lawrence will also be running some book themed quizzes throughout the week. If you are keen to take part pop in to the library.

Book Sale and Swap Shop

On Thursday 5th and Friday 6th Mrs Lawrence and the library team of student volunteers will be hosting a book sale and swap shop. Students will be able to purchase books at discounted prices. We would also like to encourage students and families to take this opportunity to help the school library buy bringing in any unwanted books they may have. These can be exchanged for books that will be on sale or donated in exchange for house points.

We would also like to take this opportunity to ask for donations to our library. In Key Stage Three, students use the library for lessons and are encouraged to make themselves comfortable in the space we have. In order to make this area welcoming we rely on donations. If you have any spare cushions or beanbags at home we would be grateful for them.

Happy World Book Day! We look forward to sharing the fun with you all next week!

Miss C Carter
English Subject Leader

PE Department/Leadership Academy Update

I would like to take this opportunity to welcome everyone back after the February half term. We hope all of our students, staff, parents and carers had a brilliant and well-deserved rest.

NEW PE Department Spring Term Clubs

Please see the PE Department Clubs list for this half term. A reminder of rules is listed at the bottom of the list.

During the 2018/19 academic year we saw over 13,600 attendances at the different clubs offered over the course of the year. For this academic year, the target is to reach a HUGE 14,050 different attendances!

We have introduced new 'pop-up clubs' which will be specific sessions run for teams to prepare them for upcoming competitions.

This term we have aimed for a range of clubs that are accessible to all abilities, allowing every student in the school the opportunity to try something new and keep active during lunchtimes and afterschool's. We feel with increased participation and growing confidence within a sport, we can start to select a vast amount of our students to represent the school at upcoming School Games competitions.

Not only this, once becoming comfortable with the formalities of a sport, students can be selected to referee, umpire and officiate different sports at primary and secondary school events in the community, representing Ridgeway Academy as a Sports Leader.

Extracurricular fixtures this half term

Year 9 and Year 11 Football Semi Finals, Years 7-10 Netball, Year 7, Year 8 and U15 Girls and U13 and U15 Boys and Girls Handball.

We suggest that every student tries at least 2 different clubs, to get involved with extra-curricular opportunities given to them. See our Sports Clubs on the following pages.

U13 Boys Handball Competition

On Tuesday 25th February, Ridgeway Academy hosted the Level 2 District Boys Handball Competition in the sports hall after school.

The Ridgeway team pictured worked incredibly hard, focusing on their defensive formation, as well as being able to score some impressive goals. They won all their games.

They did brilliantly to win the competition! Due to the U13 Boys winning the competition, they will participate in the Level 3 County competition later on in the month.



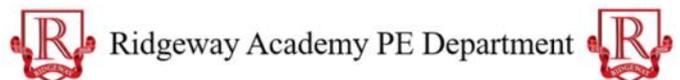
Well done to you all boys, we are incredibly proud.

Social Media

Please follow the PE Department/Leadership Academy on social media for news about what we are doing around the school and within the community including fixtures information, lesson information and other interesting links and resources!

Facebook – www.facebook.com/RidgewayPEDept
Instagram – www.instagram.com/RidgewayPEDept/
Twitter – www.twitter.com/ridgewayleaders & www.twitter.com/ridgewaypedept

Mr R Carolan
School Sports Co-Ordinator



www.facebook.com/RidgewayPEDept
Search Ridgeway Academy PE Department



@RidgewayPEDept



@RidgewayLeaders

/@RidgewayPEDept



<https://www.yourschoolgames.com/schools/sir-frederic-osborn-school/>

Do you want to join a Sporting Team?

Do you want to join a sporting team but unaware of when the training days are for that specific sport? Please see the detailed guide below to see how the different sports are included into our extra-curricular programme.

	Netball	Basketball	Girls Basketball	Rugby
Year 7	Monday Afterschool 3-415pm/Thursday Afterschool 3-415pm	Monday Afterschool 3-4pm/Wednesday Lunchtime	Wednesday Afterschool 3-4pm/Wednesday Lunchtime	Tuesday Afterschool 3-4pm
Year 8	Monday Afterschool 3-415pm/Thursday Afterschool 3-415pm	Wednesday Lunchtime/Friday Afterschool 3-430pm	Wednesday Afterschool 3-4pm/Wednesday Lunchtime	Tuesday Afterschool 3-4pm
Year 9			Tuesday Lunchtime/Wednesday Afterschool 3-4pm	Tuesday Afterschool 3-4pm
Year 10			Tuesday Lunchtime/Wednesday Afterschool 3-4pm	Tuesday Afterschool 3-4pm



PE DEPARTMENT SPRING TERM CLUBS LIST 2020

	Lunch Clubs	Requirements/Location/Lunch	After School Clubs	Time/Requirements Location
Monday	Year 7 REWARD Football Kick About (MTI)	MUST HAVE Trainers/ALL WEATER PITCH/INVITE ONLY	Year 7 Basketball (KA)	3-4pm /FULL PE KIT/SPORTS HALL
	Year 7 + 8 Basketball (KA)	MUST HAVE Trainers/SPORTS HALL	Year 7 + 8 Netball (CD) Year 9 + KS4 Fitness (JC/MP) KS3 Dance (SS)	3-415pm /FULL PE KIT/SPORTS HALL or OUTDOOR COURTS 3-4pm /FULL PE KIT/FITNESS SUITES or OLD GYM 3-4pm /FULL PE KIT/DANCE STUDIO
Tuesday	HANDBALL (25/02 ONLY) Year 9 + Girls Basketball (RTC) Primary Competitions (RTC/KBL)	MUST HAVE Trainers/SPORTS HALL/TEAM PLAYERS ONLY <i>Sports Hall will be closed for Primary Competitions on occasions, Year 9+Girls Basketball will run when the facility is available.</i>	All Years Girls and Boys Rugby (CD/JW/WS/KA) Year 9 + 10 Netball (SV)	3-4pm /FULL PE KIT with Gum Shield and Boots/FIELD 3-4pm /FULL PE KIT/OUTDOOR COURTS
	GCSE Trampoline (SV/JC)	MUST HAVE FULL PE KIT/SPORTS HALL	All Years Girls Basketball (RTC) Year 9 Boxercise (MP)	3-4pm /FULL PE KIT/SPORTS HALL 3-4pm /FULL PE KIT/OLD GYM
Wednesday	Year 11 GCSE Intervention (MP)	GCSE PE Books/SPORTS HALL DANCE STUDIO or G1/ INVITE ONLY	GCSE Intervention (JC) WEEK 1	GCSE PE Books/L2/ INVITE ONLY
Thursday	Year 8 REWARD Football Kick About (WS)	MUST HAVE Trainers/ALL WEATHER PITCH/INVITE ONLY	Year 7 + 8 Netball (CD)	3-415pm /FULL PE KIT/SPORTS HALL or OUTDOOR COURTS
	Pop Up Club	Ad-hoc clubs to match upcoming competitions/ INVITE ONLY	KS4 Dance Technique (SS)	315-415pm /FULL PE KIT/DANCE STUDIO/ INVITE ONLY
	Year 11 GCSE Intervention (MP)	GCSE PE Books/SPORTS HALL DANCE STUDIO or G1/ INVITE ONLY	GCSE Intervention (JC) WEEK 1	GCSE PE Books/L2/ INVITE ONLY
Friday	Pop Up Club	Ad-hoc clubs to match upcoming competitions/ INVITE ONLY	Year 8 Basketball (JC)	3-430pm /FULL PE KIT with trainers/SPORTS HALL/TEAM PLAYERS ONLY
	Year 11 GCSE Intervention (MP)	GCSE PE Books/SPORTS HALL DANCE STUDIO or G1/ INVITE ONLY	Ridgeway Dance Company (SS)	3-415pm /FULL PE KIT/DANCE STUDIO

Only students participating in a club must be in the facility, with trainers. There **MUST NOT** be any spectators at clubs or people in the Sports Hall corridors during Lunchtime. Students must get and eat their lunch first and then enter the club, unless otherwise stated. Once a club is full, no more students can participate. **Please note that all clubs are subject to change, especially due to extra-curricular fixtures, please always check the noticeboards.**

Sport Relief Week 2020 at Ridgeway

We are delighted to announce Ridgeway Academy are fundraising for Sport Relief Week 2020 from Monday 9th – Friday 13th March. Please see below the fundraising events.

Beat the Goalie

Monday 9th March 2020

Lunchtime 1:15-1:55pm

Sports Hall

Donation: £1 for 5 shots / 50p to come and watch the event!

Description: Take 5 penalties against the teacher (goalkeeper) of your choice. Can you score all 5 and win yourself a prize?



Primary Fun Run

Tuesday 10th March 2020

1:30-3pm

Field

Donation: £1 donation per student.

Description: This event is for our family of primary schools. Students donate £1 to run, walk or jog around a designated route wearing Sport Relief's official colour RED, dressing up as their favourite sports star, any type of fancy dress or even dressing up in their own club's kit.



Students vs Staff Table Tennis Competition

Tuesday 10th March 2020

Lunchtime 1:15-1:55pm

Sports Hall Dance Studio

Donation – £1 per player / 50p to watch.

Description: This event is an opportunity for students to compete against their teachers in a Table Tennis competition. Over one lunchtime, can you become the table tennis champion and beat all of the teachers? Please sign up to this event using the sign-up sheet in the Sports Hall.



Charity Leg Waxing

Wednesday 11th March 2020

Lunchtime 1:15-1:55pm

Sports Hall

Donation: 50p entry

Description: Come and see your teachers get their legs waxed in aid of Sport Relief 2020! 50p to watch the pain unfold in the Sports Hall!



Year 7 vs Year 8 Charity Football Match

Friday 13th March 2020

Lunchtime 1:15-1:55pm

All Weather Pitch

Donation: At least £1 per player / 50p to watch on the AWP

Description: A charity football game with Year 7s facing Year 8 in a game over lunch time. Managers and referees are to be confirmed...but it promises to be a fantastic game against two talented year groups.

Who will come out on top? Please sign up to this event using the sign-up sheet in the Sports Hall.



YEAR 7 VS YEAR 8
CHARITY FOOTBALL MATCH
1:20pm KICK OFF
ALL WEATHER PITCH
£1 PER PLAYER
50p TO WATCH!
FRIDAY 13th MARCH 2020

SPORT RELIEF

Sport Relief Themed Non Uniform Day
Friday 13th March 2020
Donation: £1

Description: Students donate £1 to dress up in red, as their favourite sports star or even in their own club's kit. If students want to dress up in their own clothes, this will require a £2 donation!



NON-UNIFORM DAY
SPORT RELIEF
£1 or £2
FRIDAY 13th MARCH 2020

SPORT RELIEF

KS3 Students vs Staff Basketball Match
Friday 13th March 2020
3:30pm Tip Off
4.45pm Estimated Finish
Field
Donation: £2 donation per student / £1 to watch

Description – This event is poised to be the biggest spectacle of the week! KS3 Students take on staff in a Basketball game to finish the week. We look forward to what should be a very competitive game! Even if you do not fancy playing, you can come along and watch for a small donation! Please sign up to this event using the sign-up sheet in the Sports Hall.



KS3 STUDENTS vs STAFF
BASKETBALL GAME
FRIDAY 13th MARCH 2020
£2 PER PLAYER

SPORTS HALL
3:30pm TIP OFF
£1 TO WATCH

SPORT RELIEF

Continuous Cycling Event

Monday 9th March to Thursday 12th March 2020
All Day
Sports Hall
Donation: (selected students) Sponsorship Forms

Description: Over 75 selected students from Key Stage 3 will keep cycling machines going for 4 days in aid of Sport Relief! We are trying to accumulate as many miles as possible over the 4 days. All of the students are collecting their own sponsors to raise as much money as possible. Come and support them at break and lunch times.



CONTINUOUS CYCLING EVENT
MON 9th – THURS 12th MARCH 2020
SPORTS HALL
SELECTED STUDENTS

SPORT RELIEF

We need our students on board taking part and paying for as many events as possible throughout Sport Relief Week.

Mr R Carolan
Head of Sport Relief Week 2020

Sports Centre Update

COMMUNITY USAGE

KICKS

We are delighted to have teamed up with Stevenage FC Foundation to offer 2 FREE community programmes here at Ridgeway Academy.

Stevenage FC Foundation provide a variety of projects within the local community targeting young people. The girls only session is a Premier League Kicks Programme that provides sports sessions to girls aged 8-19 and is delivered in targeted areas of Hertfordshire.

Pay and Play

We are delighted to be offering our award winning Pay and Play programme again this Easter! With activities for children aged 11-18, prices start from just £1!

For further details on any of the sessions please see the posters or please contact Sports Centre Manager.

Ross Goodship
Sports Centre Manager

Tel: 01707 351 352

Email: Ross.Goodship@ridgeway.herts.sch.uk

Search online or on Facebook for our Partners

- | | |
|-------------------------------------|---|
| Active Hertfordshire Karate | Lindsey Fitness & Running Club |
| A-Z Basketball | Mini-Athletics St Albans/Hatfield |
| Babacool Yoga | Multi-Active |
| Baldock Crusaders Netball Club | Panshanger FC |
| Beezee Bodies | Pauline Quirke Academy of Performing Arts |
| Bushin Brazilian Jui Jitsu | Premier Education Group |
| Elite Fitness | Q Kwon Do Martial Arts |
| Feel Good Fitness | Royal Resistance |
| Forest School of Karate | Rugby Tots |
| Garden City Runners | Samurai Martial Arts |
| Hartham United | Slimming World |
| Hatfield Netball Club | Spins Table Tennis Academy |
| Hatfield Hyde Cricket Club | Stars Academy |
| Hertford Hockey Club | Stay Fit with Krina |
| Hertfordshire Cricket Club | Stevenage FC Foundation KICKS |
| Hertfordshire Police Constabulary | The Fitness Consultancy |
| Herts Disabled Country Cricket Club | Warriorz Performing Arts Academy |
| Herts Netball League | WGC Bridge Club |
| Iconic Performing Arts School | WGC FC Youth |
| Ignite Dance Company | Welwyn Hatfield Volleyball Club |
| Kempo Griffith Ju-Jitsu | Welwyn Hatfield Borough Council |
| Krav Maga Elite | |
| KSTSK Karate | |
| Lemsford FC | |
| Lighterlife WGC | |



Ridgeway Academy Sports Centre




Describe yourself in just 3 words: Dedicated, Professional & Fit

How long have you been @ Ridgeway Academy Sports Centre?
Since it opened in 2015.

What is your session and what does it involve? Nutritional Weight Loss Coaching and Aerobics – delivering the Placebo Diet Programs followed by aerobic exercise for all ages levels and abilities. Successful, sustainable weight loss and improved fitness levels.

Fitness Boot Camp – Cardio, strength and Conditioning Classes for men and women of all levels to challenge you or just to get you moving.

Candlelight De Stress Fitness Pilates – to improve muscle strength and flexibility in a heat-controlled studio. A meditation session at the end to release tension and encourage focus.

What age and abilities could take part in your session? To suit men and women of all ages from teens to 70 (I'm 57) and abilities to challenge you as an athlete or just to get you moving in advancing years.

What is your favourite thing about being at RASC? My Fitness business has been operating in the WGC area for over 26 years, so it's ideal for my clientele and accessible to walk or drive.

What makes your club and session stand out from the rest? Fun, welcoming and friendly offering variety of classes for both men and women.

Give us an interesting fact about you or your club: The variety of classes offers an all-round Health & Fitness Regime. Also, a Running Club - training from Couch potato to Marathon Runner

Email: www.lindseyfitness.co.uk / *Phone:* 01707 334229 / *FB:* @lindseyfitness

01707 351352 / 01707 351350 ext 344
ross.goodship@ridgeway.herts.sch.uk
www.ridgeway.herts.sch.uk/sportscentre



Ridgeway Academy Sports Centre



Lead Coach:
David Mongey

Describe yourself in just 3 words:
Fun, Friendly & Energetic

How long have you been @ Ridgeway Academy Sports Centre?
Since January 2019

What attracted you to RASC? Good sized facilities, helpful staff, location and free parking

What is your session and what does it involve? Athletic activities for 2 – 7 year olds. Fun game-based classes.

What makes your club and session stand out from the rest? We help develop children's physical, cognitive and social skills

Give us an interesting fact about your club: We are now the leading provider of athletics for under 8s.

Email: dmongey@miniathletics.com / *Social Media:* @MiniAthleticsStAlbansandHatfield

01707 351352 / 01707 351350 ext 344
ross.goodship@ridgeway.herts.sch.uk
www.ridgeway.herts.sch.uk/sportscentre



Premier League Kicks

GIRLS ONLY!

The Premier League Kicks Programme provides sports sessions to girls aged 8-19 and is delivered in targeted areas of Hertfordshire.

FREE TO ATTEND!

Attimore Hall
Ridgeway Academy Sports Centre
Herns Lane, Welwyn Garden City, AL7 2AF
Friday: 7pm - 8pm

For more information call 01438 223223 or online at www.stevenagefcfoundation.com

Stevenage FC Foundation
The Lamex Stadium, Broadhall Way, Herts, SG2 8RH
Tel: 01438 223223 Email: lornaw@stevenagefc.com



Premier League Kicks

Stevenage Football Club Foundation provide a variety of projects within the local community targeting young people.

The Premier League Kicks Programme provides sports sessions to young people aged 8-19 and is delivered in targeted areas of Hertfordshire.

Stevenage
Marriotts School
Telford Avenue, Stevenage, SG2 0AN
3G AstroTurf
Monday: 7pm - 8:30pm
£1 per session

Welwyn Garden City
Ridgeway Academy Sports Centre
Herns Lane, Welwyn Garden City, AL7 2AF
Sand Based Astro
Friday: 7pm - 8:30pm
FREE!

Girls Only Session
Attimore Hall, Ridgeway Academy Sports Centre
Herns Lane, Welwyn Garden City, AL7 2AF
Sports Hall
Friday: 7pm - 8pm
FREE!

For more information call 01438 223223 or online at www.stevenagefcfoundation.com

Stevenage FC Foundation
The Lamex Stadium, Broadhall Way, Herts, SG2 8RH
Tel: 01438 223223 Email: lornaw@stevenagefc.com

EARLY BIRD BOOKING

EASTER TENNIS CAMP

SAVE £40

APRIL 6TH-9TH, 2020
9AM TO 2PM
AGE: 5-8 YEARS OLD

**RIDGWAY ACADEMY SCHOOL,
WELWYN GARDEN CITY,
AL7 2AF**

**INFO/BOOKINGS:
WWW.GANCOACHING.CO.UK**

**EARLY BIRD BOOKING VALID UNTIL
15/03/2020 - FREE SPORTS T-SHIRT WHEN
YOU BOOK FOR THE FULL WEEK.**

AGE 11-18 | Pay & Play

Easter Holidays
Mon 6th-Thur 9th and 9am to
Tues 14th-Fri 17th April 4pm

£1
Per Hour
RA Students

£2
Per Hour
Students

£3
Per Hour
Non-Students



ross.goodship@ridgeway.herts.sch.uk
6th Form, College & Uni students must bring student ID*

[/RASportscentre](https://www.facebook.com/RASportscentre) [RASportscentre](https://www.instagram.com/RASportscentre) [@RASportscentre](https://www.twitter.com/RASportscentre)

www.ridgeway.herts.sch.uk/sportscentre **01707 351352**

Non students must attend with a student. *Failure to provide ID will result in non student rate

Spring Term 2020

Mon 2 nd Mar	Year 11 Mock Dance Practical Exam
Tues 3 rd Mar	Year 10 Drama Theatre Workshop Chess Event in Attimore Hall
Thurs 5 th Mar	Year 11 Dance Practical Exam Year 9 Catch Up Vaccinations MFL Oral Exams
Fri 6 th Mar	Year 9 Reports available on MCAS
Mon 9 th - Wed 11 th Mar	Year 11 Geography Trip
Mon 9 th Mar	Year 9 Theatre Performance Osborn Hall
Tue 10 th Mar	Year 12 & 13 Apprenticeship Trip
Wed 11 th Mar	Higher Education Visit Year 12
Fri 13 th Mar	Martijn van der Spoel in School Year 11
Fri 13 th Mar	Year 8 Reports available on MCAS Non Uniform day (Sport Relief week)
Thurs 19 th Mar	Year 11 Drama Practical Exam Rehearsal
Fri 20 th Mar	Year 7 Reports available on MCAS
Tues 24 th Mar	Year 11 Mock Drama Performance
Mon 30 th Mar	Whole school photo
Tues 31 st Mar	Year 11 Drama Examiner all day
Fri 3 rd Apr	Martijn van der Spoel in school
Fri 3 rd Apr	End of Term

Summer Term 2020

Mon 20 th Apr	Start of Term
Wed 22 nd Apr	Year 9 Martin Van der Spoel Workshop
Fri 24 th Apr	Careers assembly in Osborn hall
Tues 28 th Apr	Transition Meetings
Thurs 30 th Apr	Year 8 Parents' Consultation Evening Art Exam
Fri 1 st May	Art Exam
Thurs 7 th May	Year 7 Parents' Consultation Evening Year 9 & 10 GCSE Geography - The WGC Environment and Quality of Life Audit
Fri 8 th May	Bank Holiday
Mon 11 th – Fri 15 th May	Year 10 Work Experience Week
Mon 11 th May - Fri 19 th Jun	Year 11 GCSE Exam Period Begins
Fri 15 th May	Year 9 Martin Van der Spoel Workshop
Mon 25 th - 29 th May	Bank Holiday Monday and Half Term
Fri 17 th July	End of Term
Mon 20 th - Tues 21 st July	Inset Days (school closed)