

Haggerston School

Weekly Bulletin

Haggerston School

For our latest news and stories, please follow us on:

 <https://www.facebook.com/HaggerstonSchoolHackney/>

 <https://twitter.com/haggerstonsch>

Key Notices

Second Hand Uniform;

If you have unwanted items of school uniform we would love to give them a new home. Please drop unwanted uniforms off at reception between 08:30am and 2pm between now and the end of term. We will be having them professionally cleaned and available for a small donation mid August. Keep an eye on the school website for an announcement as to when you can come in and buy a second hand uniform.

Coronavirus – Advice for Schools and Parents/Guardians

Please follow this link to our website page to view advice and updates:

<https://haggerston.hackney.sch.uk/parents/carers/coronavirus-advice-and-guidance/>

Child and parent/carer anxiety around the return to school

[Please click here for a youtube video from our Educational Mental Health Practitioner, Temi.](#)

Temi's role at Haggerston school is to improve the well-being of all students, who may be experiencing forms of anxiety or low mood. This may take place in the form of a one-off workshop targeting a specific difficulty or it may be engaging in a 6-8 week intervention with the child. She also works with parents to run parent groups.

In this video she talks about child and parental anxiety about returning to school in September which some of you may find useful. It provides you with tips on how to identify if your child is feeling anxious about returning to school but also gives practical strategies you can use with your child.

If you are interested in speaking with Temi about any concerns you have please feel free to contact your child's Head of Year.

The Library page on the school website has been updated recently. Check out now to learn more about your library, homework help resources and accelerated reader guide. There is also an amazing list of fun and literacy competitions which will surely entice you to participate.

<https://haggerston.hackney.sch.uk/our-school/school-library/>



Extreme Get Caught Reading

Over the summer you are challenged to do some extreme reading: celebrating books and the pleasure of reading them. Your challenge is to find a fun, exciting place to read a book!

It could be anywhere - in an unusual place in your house, in the park, on the beach, up a tree or top of a mountain. Relaxing with a summer read in a hammock or while shopping in a supermarket - choice is yours! Let your imagination fly!



Just remember to be safe wherever you choose to be clicked!

To enter you simply need to send a photo of you being caught reading somewhere unusual, funny or surprising! Get someone to take a photo and enter the competition by sending your entries to library@haggerston.hackney.sch.uk by 15 Sep 2020.

We will then create a fantastic display in the library to celebrate our love of reading. We will also choose our favourite extreme reading pictures for some special prizes.

Where can you get caught reading? We are looking forward to seeing all your interesting photos. Have a great summer break.

Good Luck!
Ms Samy - Librarian



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. We all struggle at times



ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Term Dates for Academic Year 2020-2021

AUTUMN TERM

The new schedule for the start of term is outlined below:

| | |
|-----------------------|---|
| Friday 4 September | Staff INSET Day |
| Monday 7 September | Staff INSET Day |
| Tuesday 8 September | Year 13 Exam Week begins - students attend for their scheduled exams only Year 9 Induction Day (8.30am-2.30pm for all Year 9 students) |
| Wednesday 9 September | Year 13 Exam Week Year 11 Induction Day (8.30am-2.30pm for all Year 11 students) Year 7 Induction Day (8.30am-2.30pm for all Year 7 students) |
| Thursday 10 September | Year 13 Exam Week Year 12 Induction Day (8.30am-2.30pm for all Year 12 students) Year 8 Induction Day (8.30am-2.30pm for all Year 8 students) Year 7 Induction Day 2 (8.30am-2.30pm for all Year 7 students) |
| Friday 11 September | Year 13 Exam Week Year 10 Induction Day (8.30am-2.30pm for all Year 10 students) Year 12 Induction Day 2 (8.30am-2.30pm for all Year 12 students) Year 8 Induction Day 2 (8.30am-2.30pm for all Year 8 students) Year 7 Induction Day 3 (8.30am-2.30pm for all Year 7 students) |
| Monday 14 September | Normal school timetable begins for all year groups. |

| START | HALF TERM | FINISH |
|--|------------------------------------|--|
| See New Schedule For w/c 07.09.20 | Monday 26 – Friday 30 October 2020 | Friday 18 December 2020 Early Closure 12.45pm |
| Monday 14 September 2020 (All students) | | |
| INSET DAYS: Thursday 03 September 2020 Friday 04 September 2020 Monday 07 December 2020 | | |

SPRING TERM

| START | HALF TERM | FINISH |
|--|-------------------------------------|------------------------|
| Tuesday 05 January 2021 | Monday 15 – Friday 19 February 2021 | Thursday 01 April 2021 |
| INSET DAY: Monday 04 January 2021 Monday 22 March 2021 | | |

SUMMER TERM

| START | HALF TERM | FINISH |
|----------------------|-------------------------------------|--|
| Monday 19 April 2021 | Monday 31 May – Friday 04 June 2021 | Friday 23 July 2021 Early Closure 12.45pm |

Save the Date Events 2020-2021

INFORMATION EVENING DATES

| |
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| <p>Parent Information Evening will take place on Tuesday 15th September for all year groups. They will be held remotely.</p> <p>Further information will be provided nearer the time.</p> |
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PARENTS' EVENING DATES

| Year 7 | Year 8 |
|-----------------------------|-------------------|
| 23 March 2021 | 27 April 2021 |
| Year 9 + Options Evening | Year 10 |
| 23 February 2021 | 04 May 2021 |
| Year 11 | Year 12 & Year 13 |
| 12 January 2021 | 26 January 2021 |

OTHER USEFUL DIARY DATES

(BANK HOLIDAYS & PUBLIC HOLIDAYS)

| 26 December 2020 | 01 January 2021 | 02 April 2021 | 04 April 2021 |
|------------------|-----------------|---------------|---------------|
| Boxing Day | New Year's Day | Good Friday | Easter Sunday |

| 05 April 2021 | 03 May 2021 | 31 May 2021 | 30 August 2021 |
|----------------------------|------------------|---------------------|---------------------|
| Easter Monday Bank Holiday | May Bank Holiday | Spring Bank Holiday | Summer Bank Holiday |

Regular communication with parents/carers is important to us at Haggerston School. It is vital that the school office holds updated and current contact information in order that you can receive important messages from school or in case of a medical and/or emergency situation.

Please contact the school office to update or confirm that your contact information is correct.

P: 020 7739 7324

E: haggerstonschool@haggerston.hackney.sch.uk