Haggerston School

FRIDAY 12 MAY 2023

PARENT WEEKLY BULLETIN

Weekly news from the Haggerston School Community



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







Safeguarding

If you have a safeguarding concern please call the school
Reception in the first instance and ask for the Designated
Safeguarding Lead, Jack Truan or a member of the
safeguarding team. If it is out of school hours please contact
the safeguarding email address

haggerstonsafeguarding@haggerston.hackney.sch.uk

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 verify your contact details
P: 020 7739 7324 E: haggerstonschool@haggerston.hackney.sch.uk

SPORTS FIXTURES & RESULTS

WATCH THIS SPACE FOR OUR UP COMING GAMES AND FIXTURE RESULTS



STUDENT OF THE WEEK

MUSIC: CASSIE NGO YEAR 8

EXCELLENT QUESTIONS REGARDING MASTERY ON PIANO: AND FANTASTIC PROGRESS AS A RESULT.

MUSIC: AMELIA CORAM YEAR 8

FOR HARD WORK WRITING A SONG FOR SUMMER SHARING



MATHS: HAYDEN CREARY-BENNETT, YEAR 8

OUTSTANDING WORK ON COLLECTING POSITIVE AND NEGATIVE ALGEBRAIC TERMS

MESSAGE FROM THE HEADTEACHER

Ms Emmerson

Dear Parents/Carers.

Even the torrential rain, hail and thunderstorms didn't dampen staff or students' enthusiasm for our wellbeing week. It seemed like every space in the school was full of students doing some self improving activity like yoga, cooking, a team quiz and even mindfulness colouring. Lovely to see so many children taking part and hopefully learning about the importance of balance, friendship and trying new things to nurture their wellbeing.

I'm currently reading Michelle Obama's new book, 'The Light We Carry', where she explains how knitting became a solace for her, unexpectedly, during the pandemic. She is not the first to identify that when the world and our own circumstances seem big, overwhelming or out of our control, the mind is often soothed by focusing on things which are small, methodical and predictable. For some, this might be baking, others gardening, reading, playing an instrument etc. We are trying to encourage students to recognise the value of these seemingly inconsequential hobbies which can turn out to be much more satisfying or calming than we might have imagined.

This is particularly important today because our worlds have grown exponentially in the technological age. We can access 24 hour news from all over the globe and can all sometimes feel bombarded with the volume of information we consume. Children are the same, except even more vulnerable to this and likely to be less able to identify the cause of their feelings about it, whether fatigue, anxious thoughts, feelings of hopelessness or inferiority. Children across all different year groups share with us on a daily basis that they have these feelings and the safeguarding and WAMHS team do a fantastic job of supporting students through these ups and downs. It isn't true that every young person has poor mental health these days, but the numbers who do are significant enough for us as adults to look closely at the reasons why.

Top tips for supporting your child's wellbeing:

- Loving, boundaried parenting (much like our 'warm strict' approach). In her book about adolescent mental health, 'You Dont Understand Me', Tara Porter identifies that parents who hold firm boundaries coupled with affection and warmth have hit the 'jackpot' of parenting.
- Make physical activity a priority apart from all the known benefits of exercise for physical and mental health, sport can really help teenagers to feel alive and connected to their bodies. Many teenagers can feel an acute pressure to look a certain way and sport helps them to recognise their bodies serve a bigger purpose than just appearance.
- Ensure they get adequate sleep. We all sleep a lot less than we used to but it is a particular problem for teenagers, whose brains need sleep to make the neurological changes that happen as part of adolescence. Without it, mood, concentration and memory are negatively impacted.
- Put firm boundaries around screen time use all the monitoring, filtering and time limits that parental control technology allows. Start young, when they first get devices. Don't allow them to take their phones to bed. Have 'phone free' family time so you can model healthy habits. When we give our children unfettered access to the online world, we set them up for exposure to harms we would never consider allowing them in 'real' life.
- Try to keep an open dialogue with your children about their feelings and experiences. Easier said than done, I know, but let them know they can tell you anything and that you are there to help them navigate the challenges of growing up.
- Encourage them to get joy and satisfaction from hobbies outside of schoolwork arts, crafts, games, reading, film, music, sports, puzzles, DIY, gardening, cooking or anything else they happen to enjoy. Help them see the value of time spent engrossed in something productive and creative.

There are many more besides and this is not meant to be a sermon on parenting. It's hard to get it right all the time and there are many 'right' ways to go about it. I think the challenges of parenting have grown and are different in lots of ways from those our parents faced. The above are just a selection of things I have garnered as a parent and headteacher from reading, experience and mostly, from observation of what seems to build happy and resilient children and what seems to cause harm.

Have a lovely weekend Ms Emmerson, Headteacher

STUDENT HEALTH AND WELLBEING WEEK HIGHLIGHTS





Haggerston's second student wellbeing week began on Tuesday the 9th after the long bank holiday weekend. Students were greeted with a fantastic colourful display in the atrium celebrating wellbeing week and reminding students of the different opportunities staff were running for them. Key stage 3 students were encouraged in tutor time and assemblies to make the most of having no homework and spend the time doing something to support their wellbeing - even if it was just going home straight after school and relaxing . A short film made by our WAMHS team was shown to students as a reminder on how to access support for their mental health.

NB- The 4th July 4-6pm is our wellbeing parent forum. Please contact Ms Williams if you are interested in attending. More information is available in the parent bulletin and website.



MESSAGE FROM OUR HEAD OF PE AND OUTDOOR EDUCATION

Mr James

Dear Parents/Carers.

At Haggerston School we aim to provide students in year 9 - 12 the opportunity to experience outdoor education in the form of the Duke of Edinburgh award. The PE faculty's curriculum intent statement is to "Develop students' physical, mental and social capacity" both through the delivered PE curriculum as well as additional extra curricular activities and the D of E award plays a large part in realising this intent statement. I've always been a firm believer in the positive impact that the Duke of Edinburgh award can have on students, probably built from my own positive experiences I had completing it at school, and relish seeing how much enjoyment students get from their hard work during the award.

For those who are unaware, the Duke of Edinburgh Award Scheme is the world's leading achievement award for young people, and is highly regarded by universities, colleges and employers. There are three progressive levels of programmes which when completed lead to a Bronze, Silver or Gold DofE Award. As part of each award students complete their own programme of activities in these four sections: Volunteering, Physical, Skills and the expedition.

We currently offer students the Bronze and Silver awards and this year we are running the Gold award for the very first time with their expedition to Exmoor going out in July. Outdoor education provision has gone from strength to strength over the last few years beginning with a small group of 18 students completing their Bronze award in 2016. Now we have over 150 students across four year groups completing expeditions in Epping Forest, Ashdown Forest and Exmoor.

I'd like to say a huge thank you to all the parents who have supported their children with the award so far as I know how hard it can be to find opportunities for volunteering or to continue encouraging them through their skill or physical sections. Our students are extremely hard working and it's really great to see so many benefit from completing their award.

There are so many incredible examples of our students working in our communities including; supporting our local libraries with children's clubs, volunteering to clean up litter with local litter picking groups and helping pack food and supply boxes to be sent to Ukraine. Our students are without a doubt doing themselves very proud!

I hope that this gives you an insight into outdoor education here at Haggerston School and look forward to working with many more students in the near future.

Mr James Head of PE and outdoor education



Every student. Every day.

THIS WEEK'S TOP FORM!

YEAR 7B

YEAR 80

YEAR 9B

YEAR 10R

YEAR 11S

YEAR 12G

YEAR 13B

96.3%

92.8%

98.4%

91.8%

94.7%

91%

82.4%



WHERE WILL YOU BE?

If last year, a child had 99-100% attendance, the average grade achieved across all GCSEs was a grade 7. This does not mean a child is guaranteed to achieve grade 7s or better with 99-100% attendance but it does mean they give themselves the best chance to do this. This child is much likely to score top grades than someone who is only in for 94 % of the school year.

Attendance %	Average Grade at GCSE
99 – 100	7
97 – 99	6
95 – 97	5
93 – 95	4
90 – 93	3
Under 90	3-

100% 97% 92%

HIGH ATTENDERS, HIGH ACHIEVERS

Key Notices

HOW TO HELP YOUR CHILD MANAGE THEIR STRESS & WELLBEING WEBINAR WITH FIFVATE FDUCATION

TUESDAY 23RD MAY 2023 @ 6PM

Reserve your seat by registering here

You will learn:

How to spot your child's stress symptoms early How to start a conversation about emotional wellbeing Techniques your child can use to self-manage stress

Celebrating students' extra curricular achievements!







If your child participates in an extra curricular activity, event, competition, music lessons etc... and you would like to share their achievements via the weekly bulletin and end of term Haggerston Recorder's, please email Ms Scalco at malissa.scalco@haggerston.hackney.sch.uk. You may include a photo if you wish. Please note; these publications are uploaded to our website which can be viewable by any member of the public.

#WakeUpWednesday



Would you like to understand more about county lines in Hackney & Tower **Hamlets?**



The MET police Central Youth Team, are currently running a project, offering parent/carer engagement sessions in partnership with PACE UK (Parents Against Sexual Exploitation).

The sessions are online and free to attend, and will give advice to parents/ carers, on how to spot signs of gang affiliation, county lines, grooming and exploitation.

The input will also include a lived experience speaker who will explain how they themselves became involved with gangs and exploitation. The charity will also offer long term support to anyone who needs it or believes their young people have been or are being exploited.

Free webinar for parents & carers

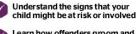
4th July, 7.00 - 8.30pm

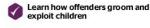


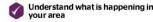
Join our panel of experts and find out about county lines in your area, how to keep your child safe and what to do if you about child exploitation from a lived experience perspective



Learn what county lines and child criminal exploitation is







Register: <u>HackneyTowerHamletsParentWebinar.eventbrite.com</u>





Upcoming Events: week beginning 15 May (Week 1)

Assembly Theme: Why do we have mental health awareness week?

Monday Tuesday Wednesday Thursday KS3 Sparx Maths Club in Y9 Battlefields Residential Y9 Battlefields B217 3.30pm - 4.30pm. Trip **Residential Trip English Functional** Skills Exam KS3 Sparx Maths Club in B217 3.30pm - 4.30pm.

Lost property

Dear Parents/Carers.

If your child has lost something during the school day, please ask them to visit student services where lost property is kept. Student services have a large number of misplaced school coats and PE kits. Please remember to label any belongings so they can quickly and easily be returned to their owner.

Music Lessons

Individual and paired music lessons start next week. If your child is taking these you should have received ar email with a timetable of your child's lessons and further information.

If your child is interested in taking individual/ paired music lessons at school in the future, please get them to fill in the Music Survey form on the DPR.

Thank you, Mr Gregory, Head of Music

Students with short term mobility issues

If your child experiences a short term mobility issue, e.g. an injury such as spraining an ankle that requires crutches, could we please ask you to let their head of year know. We need this information in case we have to write an individual action plan to support a fire evacuation.



Friday

Haggerston School PTA Group

The PTA needs your old uniform!



If you have school uniform that no longer fits your child, please drop it off at reception for the PTA.

We will soon be re-starting our second hand uniform service and our stocks are low.

Thank you.

Please email PTAHaggerston@gmail.com if you would like more information

HEADS OF YEAR CONTACT DETAILS

Year 7 Year 8 Year 9 Year 10 Year 11 Sixth Form

rokayah.abdulmajed@haggerston.hackney.sch.uk rachael.capper@haggerston.hackney.sch.uk jonathan.wadsworth@haggerston.hackney.sch.uk tom.ritchie@haggerston.hackney.sch.uk cherrelle.yiminyi@haggerston.hackney.sch.uk charlotte.clarke@haggerston.hackney.sch.uk

PLEASE CONTACT YOUR CHILD'S HEAD OF YEAR IF YOU HAVE CONCERNS ABOUT THEIR SCHOOL WORK OR WELLBEING.



A Parent and Student Guide to Assignments

Haggerston School

School Clubs



Learning Resource Centre





Library Pass Entry Fridays Year 12 and Year 13 Are Welcome To come All Days



On Friday 5 May Haggerston School welcomed Andreas Philippopoulos-Mihalopoulos' - an academic, artist and a popular fiction author. He was interviewed by a 6th form student Scarlett Sheehan and delivered an entertaining and inspirational talk about "book of water" his latest book which is a collection of short stories about desire, fear, life, care, and ecological anxiety, all narrated through the physical and metaphysical presence of water. It was great to hear Andreas read his favourite story aloud and it was indeed a wonderful experience for the students.



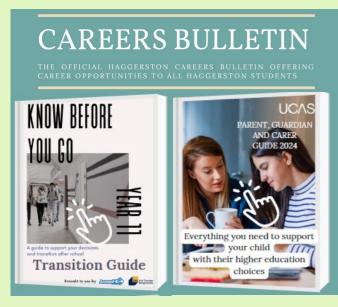


Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone.





Exam tip: if the question says to 'write down' or 'state' your answer, there's no need to show any working out.



The National Careers Service

Provides information, advice and guidance to help make decisions on learning, training and work. The website includes over 800 different job profiles https://nationalcareers.service.gov.uk/

UCAS

Explore your options, apply to university, and more https://www.ucas.com/

Find an apprenticeship

This government run service allows you to browse through and apply to available apprenticeships https://www.gov.uk/apply-apprenticeship

icould

Real-life career videos, advice and information to inspire your career https://icould.com/

Careermap

To view the latest issues of Careermap's Careermag for school leavers, click <u>here</u>

To receive a copy of future Careermag for School Leavers, follow this link: https://careermap.co.uk/subscribe-to-careermag/

Wellbeing and SEND



SilverCloud Online Programme: Supporting An Anxious Child

Dear Parents / Carers Support with your young persons wellbeing

The digitised SilverCloud anxiety intervention for parents of young people can now be used without a supporter/practitioner. Clients can sign up using the Self Sign Up Link Pathway link and have access to the below content: This is part of our WAMHs offer.

For more information on this programme, please click this link here

Ms Ray -Choudhuri, Senior Assistant Headteacher and Mental Health Lead







Food explorers: Parent workshop

A live workshop for parents of children and young people with sensory based feeding difficulties who eat a very restricted range of foods. The children/young people might have Autism or sensory differences or a history of reflux, aversion, or tube feeding.

Join this workshop:

- To understand why children might be selective or restrictive in what they eat
- To share ideas with other parents
- To identify some strategies to try at home and school





Dates: (only need to attend one session) Tues 18th Oct 09.30-12pm (online) Tues 13th Dec 09.30 - 12:30pm (Face to Face, Hackney Ark) Weds 25th Jan 09:30-12pm (online)

Tues 18th April 09:30 - 12:30pm (Face to Face, Hackney Ark) Thurs 22nd June 09.30 – 12pm (online)

There are no creche facilities available for the Face to Face

To book a place please contact us on either:

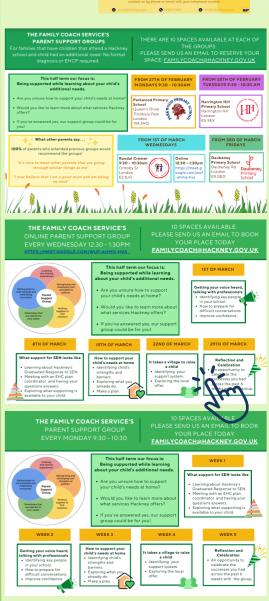
07917552276 07468761931

Or email us on: jamila.quintyne@nhs.net beth.dowie@nhs.net



Dear parents, HiP is a voluntary group of Hackney parents with SEND children, trying to be heard & listened to, to improve services, and to develop awareness, understanding & acceptance of SEND in our communities. Please see the following fliers that you hopefully find useful.









Term Dates 2022/23

Spring Term 2023

Start: Tuesday 03 January End: Friday 31 March (Full Day)

Half Term: Monday 13 - Friday 17 February

Bank Holiday: Monday 02 January Inset Days: Thursday 16 March

Summer Term 2023

Start: Monday 17 April

End: Friday 21 July (Early Closure)

Half Term: Monday 29 May - Friday 02 June

Confirmed term dates for 2023/2024

Autumn Term

Year 7 and Year 12 Induction Day: Tuesday 05 September 2023 First date of term for all year groups: Wednesday 06 September 2023

Last day of term: Friday 15 December 2023 (Early finish 12.45pm)

Half term holiday: Monday 23 - Friday 27 October 2023

(INSET DAYS: Monday 04 September 2023 Monday 04 December 2023)

Spring Term

First date of term: Monday 08 January 2024

Last day of term: Thursday 28 March 2024 (Full School Day) Half term holiday: Monday 12 Friday 16 February 2024

(INSET DAYS: Monday 18 March 2024)

Summer Term

First date of term: Monday 15 April 2024

Last day of term: Friday 19 July 2024 (Early finish 12.45pm)

Half term holiday: Monday 27 - Friday 31 May 2024

Parent Evening Dates

Year 7: 07 February 2023

Year 9 Options Evening: 06 February 2023

Year 9 Parent Evening: 21 February 2023

Year 11: 10 January 2023

Year 8: 21 March 2023 Year 10: 25 April 2023

Year 12 & 13: 24 January 2023

Exam Result Dates

A-Level: Thursday 17th August GCSE: Thursday 24th August

Other Key Dates

26 December Boxing Day

01 January New Years Day 07 April Good Friday 09 April Easter Sunday

10 April Easter Monday 01 May: Bank Holiday 08 May: Coronation Bank Holiday 29 May Spring Bank Holiday

28 August Bank Holiday