

PARENT WEEKLY BULLETIN

Weekly news from the Haggerston School Community

Haggerston School
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We had a fantastic time at our spring 2024 concert and we are looking forward to seeing what our students can achieve next! #concert #music



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 a member of the Designated Safeguarding Team Ms Harry, Ms Ramsey or Ms Codling. 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



| Date | Team | Result |
|----------|--|---------|
| 20.03.24 | Y8 Girls Football vs Clapton Girls Academy | Win 6-4 |

The Y8 team played very well against a strong Clapton side. The girls were off to a bright start with goals from Yazmin and Kiyah, however went into half time behind 3-2. The team collected themselves and came out at half time ready to turn it around. Effie and Yazmin worked together in defence to stop the attack from Clapton with Yazmin managing to lead a counter attack and get a rare goal. The team went on to win the match 6-4



STUDENT OF THE WEEK



DT: SHANNY ANDREWS

FOR MAKING A POSITIVE START TO THE TERM AND REALLY MAKING AN EFFORT.



MATHS: ELVA MAGUIRE

FOR CONSISTENTLY FANTASTIC WORK THROUGHOUT THE WEEK

MESSAGE FROM THE CO-HEADTEACHERS

Ms Moran and Ms Turbet

Dear Parents/Carers,

Haggerston Journey

Many of you will be familiar with The Haggerston Journey - this is our commitment to enriching student's experiences during their secondary education. Our "core" offer is available to all students - this includes university visits, leadership opportunities, guest speakers and careers education. Other aspects of The Haggerston Journey are our commitments to students having opportunities to develop their creativity, character and aspiration.

This week we have had two significant events that contribute to The Haggerston Journey. Firstly, on Tuesday and Wednesday a large group of students in Year 9 went on a two day residential visit to Belgium and France to visit some of the most important and poignant battlefields sites, including visiting some of the cemeteries, trench systems and memorials. This trip is always a rewarding visit for students who attend and staff have been effusive this week about how well students engaged with the trip. We try to make our trips as inclusive as we possibly can, and students in receipt of Free School Meals were entitled to a 25% discount.

The second is the Duke of Edinburgh award. For those unfamiliar with this award, it is a 3 level award (Bronze, Silver and Gold) with a four section format: Volunteering, Physical, Skill and Expedition. This is an award that is about setting personal goals across the four sections. Through "D of E", young people should have fun, make friends, improve their self esteem and build confidence. It is an opportunity to gain skills such as resilience, problem solving and teamwork. At Haggerston we offer Bronze in Y9, Silver in Y10 and Gold in Sixth Form.

On Thursday a large group of Year 10 students embarked upon their Silver practice expedition in Epping Forest, for three days and two nights. All the students were very positive on Thursday morning, and we look forward to hearing all about it next week. A reminder to parents that students are expected in school on Monday following this expedition.

Public Exams

Well done to Y11 who have completed their Spanish speaking exams this week. It has been very positive having conversations with students who have been working hard at home and in school. If you feel that you would like further support with how to support your child at home then please do contact the Y11 team.

Uniform

A reminder to parents that hoodies are not allowed in school. This is not usually a problem at this time of the year, but given the unseasonably cold weather we have had we have had to confiscate a few hoodies this week. Thank you for your support with this. Another special thanks to Year 11 parents who continue to support the school with our high expectations of uniform/proper school shoes in the run up to their exams.

Have a lovely weekend

Ms Moran and Ms Turbet, Co- Headteachers

MESSAGE FROM LRC MANAGER

Ms Samy

Dear Parents/Carers

As we continue to foster a culture of literacy and love for reading within our school community, I am thrilled to share some exciting updates and highlights of our school library.

A variety of engaging events and activities aimed at promoting literacy and celebrating the joys of reading are hosted all around the academic year. From author visits, to themed monthly book displays, reading challenges to world book day competitions, there is always something exciting happening in our library. On 22 January, Sue Wallman visited our school and delivered assemblies on the journey of getting a book published. Her creative writing workshop for year 8 on how to write a thriller was a great success. This week we held a book swap with everyone bringing books that they had read for new ones. The student Librarians and Hackney Reading Ambassadors have been a great support in the smooth functioning of the library and in promoting library events.

This academic year we have enhanced our collection by updating the KS3 and KS4 non - fiction books and revision guides. The students and staff have shown continuous involvement in the development of the library by making regular book suggestions.

In the effort to make reading exciting and enjoyable as possible, I encourage both students and parents to take advantage of our library catalogue - **Accessit**. It is a powerful tool that allows for easy navigation and searchability of our vast collection. Whether your child is interested in mysteries, fantasy, non-fiction, or anything in between, the library catalogue simplifies the process of finding the perfect book to dive into. There are a number of themed reading lists available for quick search. Please encourage your child to explore the catalogue not only to reserve or search for books but also to write book reviews.

I would also like to take the opportunity to remind you of the importance of setting aside time for reading in your daily routine. Whether it's before bedtime, during weekends, or on family vacations, carving out time for reading not only strengthens literacy skills but also creates cherished bonding moments with your child. I strongly recommend 20 minutes of reading for pleasure at home every day.

Parents of year 7 and year 8 please keep encouraging your child to read AR colour coded books and to take Accelerated Reader quizzes at home.

If you ever need assistance in finding the perfect book for your child or have any questions about the library resources, please feel free to contact me at library@haggerston.hackney.sch.uk.

Have a lovely weekend.

Ms Ruby Samy
Librarian/LRC Manager



Attendance Matters

Every student. Every day.

THIS WEEK'S TOP 3!

YEAR 7O 97.5%

YEAR 8Y 96.7%

YEAR 8G 96.5%



Why is attendance and punctuality important?

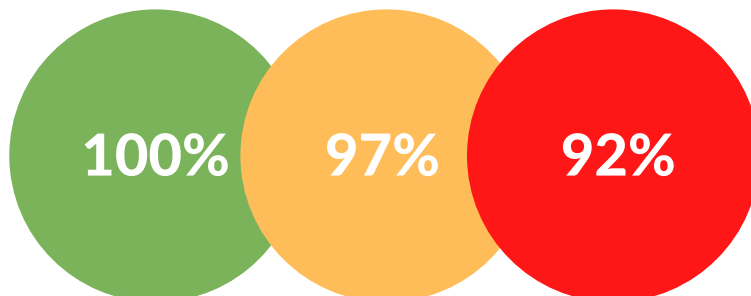
For children to achieve to the best of their ability, they must attend school every day and be punctual. Most children who meet these expectations will make very pleasing rates of progress during their time at Haggerston School. Our wish for all of the children here is that they make the most of everything that the school has to offer (academically, socially and more holistically with regards extra curricular opportunities and enrichment). That is only possible if children are here every day, on site by 8.30am ready for line-up/lesson one and are ready to learn/engage with the opportunities available.

WHERE WILL YOU BE?



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

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.



HIGH ATTENDERS, HIGH ACHIEVERS

Key Notices



Summer Exams 2024 Candidate Handbook

Now available on our website.
[Click here to view](#)

ASK ME ANYTHING: LIVE PARENT Q&A WEBINAR WITH ELEVATE EDUCATION

TUESDAY 30 APRIL 2024 @ 6PM

[Reserve your seat by registering here](#)

Our upcoming Ask Me Anything webinar will give you the chance to get any questions that you or your child may have answered by a study skills expert. This could be on anything from revision schedules to memory strategies, night-before routines to stress management techniques. It's also likely we'll answer some questions on the night that you didn't even know you had!

There is one opening for the position of parent school board member (previously known as governors) at Haggerston School.

DEADLINE FOR SUBMITTING NOMINATIONS IS 4PM ON FRIDAY 10TH MAY

- [Letter to Parents inviting nominations](#)
- [Guidance Note: Role of Parent Local School Board Member](#)
- [Nomination Form and Statement](#)
- [Local School Board Haggerston Webpage](#)

If you need any further clarification please do not hesitate to contact me.

Ms Scalco, PA to the Co-Headteachers

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people - many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in schools.

WHAT ARE THE RISKS?

- HIGH CAFFEINE CONTENT**
Most energy drinks contain high levels of caffeine - often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, disrupted sleep and more. In extreme cases, even high caffeine concentrations can lead to heart attacks, seizures, tremors and other developing health issues. Excessive caffeine intake can be particularly harmful.
- DISRUPTED SLEEP PATTERNS**
Consuming energy drinks, especially during the afternoon or evening, can affect normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep - leading to treatment need for behavioural health issues, including impaired cognitive function, mood disturbances and decreased academic performance.
- LINKS TO SUBSTANCE ABUSE**
Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, potentially leading to the 'energy drink + alcohol' effect which can increase the risk of alcohol poisoning, dehydration and other health issues.
- POTENTIAL FOR DEPENDENCY**
Frequent consumption of energy drinks can lead to addiction - meaning that individuals may need to consume them regularly to avoid withdrawal symptoms. This can potentially lead to substance use and addiction, especially in young individuals who may be more vulnerable to addictive behaviours.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Excessive drink intake can lead to irregular heart rhythms, palpitations and increased future risk of heart disease - especially for individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can cause irritability, hyperactivity and anxiety. In some cases, it can also lead to panic attacks. Additionally, the crash that often follows the initial energy boost can result in feelings of fatigue, low energy and possibly lead to feelings of depression and irritability.

ADVICE FOR PARENTS & EDUCATORS

- LIMIT CONSUMPTION**
It's vital to educate young people about the potential risks related to energy drinks, emphasizing the consequences of excessive caffeine consumption. Encourage healthy alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviour by restricting your own consumption of energy drinks and creating a supportive environment for healthier choices.
- PROMOTE HEALTHIER HABITS**
Schools can help with this issue by including discussions about the positive dangers of energy drink consumption into their health education curriculum. Encourage children and young people to regularly evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.
- ADVOCATE FOR REGULATION**
If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.
- SET A POSITIVE EXAMPLE**
Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Encourage open conversations with children and young people about the benefits of regular hydration, balanced nutrition - including the importance of regular exercise, adequate rest and sufficient sleep for mental wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Walthamstow Academy, champions food education and sustainability - and has acted as the 'Food Association's' ambassador for the 'Eat Well' campaign. He is also a member of the 'Food Education' group on School Food, the 'No-Meat' Trust, a senior food education charity.

Source: See full infographic at <https://www.nos.org.uk/resources/energy-drinks>

#WakeUpWednesday

The National College

Upcoming Events: week beginning 29 April (Week 2)

Assembly Theme: Behaviour Standards

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|----------------|----------|-----------------------------|
| LSB Meeting | GCSE Art Exams Career Interviews Year 10 Parent Evening 4.30 - 7pm | GCSE Art Exams | | Year 10 IntoUniversity Trip |

Lost property



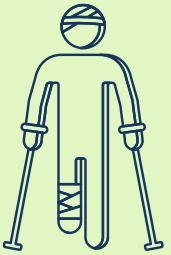
Dear Parents/Carers,

If your child has lost something during the school day, please ask them to visit student services where lost property is kept.

Please remember to label any belongings so they can quickly and easily be returned to their owner.

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.



Music Lessons

Individual and paired music lessons start next week. If your child is taking these you will receive an 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 Woods, Peripatetic Lead
joseph.woods@haggerston.hackney.sch.uk

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



HEADS OF YEAR CONTACT DETAILS

| | |
|------------|--|
| Year 7 | asma.siddiqui@haggerston.hackney.sch.uk |
| Year 8 | rokayah.abdulmajed@haggerston.hackney.sch.uk |
| Year 9 | cherelle.yiminyi@haggerston.hackney.sch.uk |
| Year 10 | jonathan.wadsworth@haggerston.hackney.sch.uk |
| Year 11 | tom.ritchie@haggerston.hackney.sch.uk |
| Sixth Form | 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 DPR Assignments

Haggerston School

School Clubs

CLICK THE TILES TO FIND OUT MORE

Library timings
8h30am to 4h30pm

Learning Resource Centre



Recommended Reading Lists

LIBRARY
VISTING DAYS
YEAR 7, 8 & 9
TUESDAYS & THURSDAYS
YEAR 10 & 11
WEDNESDAYS & FRIDAYS
LIBRARY PASS ENTRY
MONDAYS

AFTER SCHOOL THE LIBRARY IS OPEN TO ALL YEAR GROUPS TO:
WORK QUIETLY
BORROW/RETURN BOOKS
USE COMPUTERS
REMEMBER
NO FOOD, DRINKS, CELL PHONE
NO FOOD, DRINKS & PHONE IN THE LIBRARY

HEALTH BENEFITS OF READING

- Strengthens the brain
- Increases empathy
- Expands your vocabulary
- Lengthens lifespan
- Prevents cognitive decline
- Alleviates depression
- Improved concentration
- Reduces stress

- Read for 20 minutes for pleasure every day.
- You must have a reading book as part of your school equipment.
- Use the school library catalogue (Accessit) to browse, reserve and renew books.

What you need... is a good book to read

on **Recorder** Spring 2024
the scene

LITERACY TIP OF THE WEEK

Join in with your child's interests! Whether it's Spiderman, Football or Fashion, engaging with someone else's hobbies makes them feel seen. Gently directing teenagers towards books begins with recognizing their interests. It's much easier to get young people to read when they feel they can discuss it without judgement.

BOOK OF THE WEEK

Where the World Turns Wild by Nicola Penfold

NUMERACY TIP OF THE WEEK

Exam tip: make sure you keep your answers in the boxes provided, or you might miss marks!

CAREERS BULLETIN

THE OFFICIAL HAGGERSTON CAREERS BULLETIN OFFERING CAREER OPPORTUNITIES TO ALL HAGGERSTON STUDENTS

Your paragraph text

GLOBAL YOUNG JOURNALIST AWARDS
FOR AGES 7-18

Welcome to The Day's Global Young Journalist Awards 2024!
Please submit all entries by midnight, Friday 26th April
Open to young people aged 7-18 worldwide, the Global Young Journalist Awards offers a platform for young reporters to share their story, choosing from a wide range of journalism formats, such as written article, photography, illustration, audio, video, or graphic design.

- 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 [here](#)
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

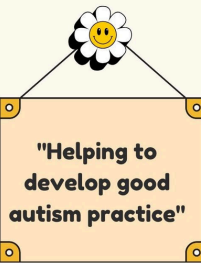
Dear parents, HiP is a voluntary group of Hackney parents with SEND children, trying to be heard & listened to, to improve services, and to develop awareness, understanding & acceptance of SEND in our communities. Please see the following fliers that you hopefully find useful.



Autism Education Trust Training

Are you waiting for assessment or does your child already have an Autism Diagnosis?

Are you curious and would you like to know more about Autism?



Parent Autism Education Trust Training

Friday 19th of April 11:30 – 1:30pm @ Online

Thursday 23rd of May 6–8pm @ Online

Tuesday 2nd of July 11:30 – 1:30pm @ Online

Sign me up!

familycoach@hackney.gov.uk

Let us know which session you'd like to attend. We look forward to working with you!

SEN Newsletter April 2024



Advertise in the next issue of SEN Magazine.



Other Notices



Belonging, Believing, Becoming.
1875-2024

Are you a former pupil of Randal Cremer Primary School?

If you are and you would like to take part in an event to mark the closing of the school please sign up using the link below.

There are 2 drop in sessions.

Wednesday 22nd May 2024 between 4:30pm and 6:30pm

or

Wednesday 19th June 2024 between 4:00pm and 6:00pm.

You will be asked to complete a 'Forget-Me-Not' sharing your favourite memories of the school which will then be used in a Legacy piece of Art Work.

<https://forms.gle/ARwjQgManZLYzPxK9>



A copy of the link is also available on the school website under Legacy Events.

Only former students who have pre-booked will be admitted.

We look forward to seeing you soon.

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.*

Calling Parent Volunteers!



We are looking for parent volunteers to take part in our Sixth form Speakers Programme. Do you work in industry or academia and would like to deliver a mini lecture and Q&A about a topic or issue that will inspire our students. Do you know people who fit these criteria and who would be willing to speak with our students?

Please email

charlotte.clarke@haggerston.hackney.sch.uk for more information.



Taster classes available from April 2024 whilst places remain

ANNA FIORENTINI
PERFORMING ARTS SCHOOL

Join us for our Summer Term!

Classes for 4-18 yrs throughout London

Join the award winning performing arts school for classes in singing, acting and dance with industry professionals

TO RESERVE YOUR TASTER DAY
0207 682 1403

hello@afperformingarts.com
www.afperformingarts.com

@afschoo

@annafiorentini

Anna Fiorentini School

Term Dates 2023/24

Autumn Term 2023

Start: Monday 04 September
End: Friday 15 December
(Early Dismissal 12.45pm)
Half Term: Monday 23 - Friday 27 October
Inset Days: Monday 04 September
Monday 04 December

Spring Term 2024

Start: Monday 08 January
End: Thursday 28 March (Full School Day)
Half Term: Monday 12 - Friday 16 February
Bank Holiday: Monday 02 January
Inset Days: Friday 22 March

Summer Term 2024

Start: Monday 15 April
End: Friday 19 July (Early Dismissal 12.45pm)
Half Term: Monday 27 - Friday 31 May

Confirmed term dates for 2024/2025

Autumn Term

First date of term: Tuesday 03 September 2024
Half term holiday: Monday 28 October - Friday 01 November 2024
Last day of term: Thursday 13 December 2024
INSET Days: 02 September and 02 December 2024

Spring Term

First date of term: Monday 06 January 2025
Half term holiday: Monday 17- Friday 21 February 2025
Last day of term: Friday 04 April 2025
INSET Day: 21 March 2025

Summer Term

First date of term: Tuesday 22 April 2025
Half term holiday: Monday 26- Friday 30 May 2025
Last day of term: Friday 18 July 2025
Bank Holiday: 05 May 2025

Parent Evening Dates

Year 7: 14 November 2023
Year 9 Options Remote Event : 29 January 2024
Year 9 Parent Evening: 27 February 2024
Year 11: 16 January 2024
Year 8: 19 March 2024
Year 10: 30 April 2024
Year 12 & 13: 23 January 2024

Exam Result Dates

A-Level : Thursday 15 August
GCSE : Thursday 22 August

Other Key Dates

| | | | | |
|-------------------------------|-----------------------------|-------------------------------|---------------------------|---------------------------|
| 26 December Boxing Day | 01 January New Years Day | 29 March Good Friday | 31 March Easter Sunday | 01 April Easter Monday |
| 10 April Eid al Fitr (tbc) | 06 May Bank Holiday | 27 May Spring Bank Holiday | 17 June Eid al Adha | 26 August Bank Holiday |