



Happy New Year to all of our parents, students, staff, governors and members of our local community. At the start of a New Year, I like to reset my goals: to refresh my aims for the year. Here at The Hurlingham Academy, we know how important continuous improvement is. Therefore I encourage all members of our Hurlingham Academy community to set a resolution for goal or 2025. Perhaps you could try setting a tangible but challenging goal this year. By December 2025, what would you like to have achieved? Exercise, nutrition, reading and developing new skills are often a good place to start when thinking about target-setting. For year 11, I am sure their goals are centred around achieving the very best GCSE results, or perhaps getting into their desired 6th form or college.

Key stage 3 have come back with a fantastic attitude and are busy preparing for their assessments which begin on Monday. Year 11 are responding to their results from the Autumn term and reflecting on how they can make even more progress this term. I know 2025 will be a successful year for our school and I look forward to working together to make this the best year yet!

## KS3 Assessments

Exams for Year 7-9 begin on Monday. The timetable for the first week of exams can be seen below. Please remind your son/daughter to complete their revision homework this weekend. They should also check their revision manifest booklet to see what content will be covered in the exam and to see what revision tips each of their teachers has recommended. All assessment manifests can also be found on the school website. Good luck to all of our KS3 students - we know your hard work will pay off!

wb 13th Jan					
	Mon	Tues	Weds	Thurs	Fri
1	Y9 English 45	Y8 English Writing 45	Y7 MFL 75- Spanish, Hall, Mandarin-classroom, French- LT	Y8 RE 35	Y11 English 105
2				Y7 History 50	
3	Y7 English 45				
4	Y9 RE 35	Y9 Geography 45	Y9 Science 60		Y8 Geography 45
5					
6	Y11 Spanish Listening-Option A	Y7 RE 35	Y8 English Reading 45	Y9 MFL 75- Spanish Hall, French LT, Mandarin Classroom	Year 11 triple science
7					





## 2024/25 Training & Development Offer

### Spring Term

#### For Parents & Carers:

**Understanding Brain Development  
in Children  
Amelia Brunt**

**28th January 2025**

**10-12pm**

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Amelia Brunt is an Attachment Lead Teacher and Specialist Educator in Trauma Informed and Responsive Practice. Amelia provides training, workshops and keynote speeches to audiences across the UK as well as working directly with schools and families to support regulated and relational approaches to mental health and successful life outcomes.

As children we are extremely flexible and adaptable to the situations we are born into. Due to the size of our human brains, we are born ready and primed to absorb all of the experiences offered to us, particularly in the first months and years of life. During the first three to five years there is rapid growth and brain development. Indeed, some consider this an additional period of gestation outside of the womb, which other animals don't need to survive. The reality of this flexible and adaptable approach to brain development is both amazing and fragile at the same time. Following extensive research over the past 30 years we now have a much better understanding of the neurobiology of brain development and how our experiences can shape both our brains and our behaviours, determining how healthy and successful we might be in later life. The good news is that nothing is set in stone and there is also extensive research showing how positive, patient and nurturing relationships can support changes in brain architecture and healthier outcomes for young people long term.

In this training we will consider what factors effect brain development, the balance of positive and adverse childhood experiences and how every individual child is unique, even if born into the same family. We will explore how our experiences effect both brain and body development and emphasise the phenomenal ability of the human brain to adapt and heal. This session is as much about the parent/carer and supporting their needs as it is about the child. Together we can grow healthier brains to support ongoing mental health and positive life experiences.



## 2024/25 Training & Development Offer

### Spring Term

For Parents & Carers:  
**Play Therapy**  
**Wendy Sawyer**

**7th February 2025**  
**10-12pm**

Play therapy is a form of therapeutic intervention designed primarily for children to help them express their feelings, explore their thoughts, and process their experiences through play. Since children may lack the verbal skills to articulate their emotions and experiences effectively, play therapy uses the natural medium of play to facilitate communication and healing.

This webinar will cover:

- What is play therapy?
- What does a play therapist do?
- When is play therapy useful?
- Who can refer a child to play therapy?
- Methods of play therapy
- What can I do to support my child during play therapy?
- What will my child experience during play therapy?
- Can I do play therapy with my child?
- The importance of play
- What activities can be used to engage therapeutically? (try out an activity)

There will also be an opportunity to ask questions and even engage in more play!



## Mr Wilson's Commendations

Congratulations this week go to the following pupils, who made it to the top of our Sparx leaderboards.

Top pupils for Sparx maths are:

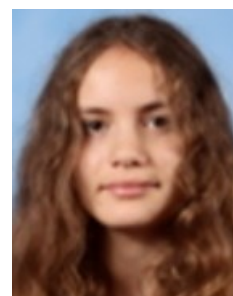
Year 7: Nasri

Year 8: Bruno

Year 9: Cassie

Year 10: Theo

Year 11: Princess



## Wellbeing hub

Next week on The Wellbeing Hub, we will be looking at The impact of social media on children and young people's attention spans .

A link to the wellbeing hub can be found here: <https://club.teentips.co.uk/home/parents/>

All parents should have received an email with guidance about how to sign up to the wellbeing hub. If you have any further questions please email

[spitchford@thehurlinghamacademy.org.uk](mailto:spitchford@thehurlinghamacademy.org.uk)

**PODCAST**

The Wellbeing Hub  
— from Teen Tips —

**This week's content**

Week commencing 6th January

PODCAST: The impact of social media on children and young people's attention spans with Elizabeth Milovidov, Lawyer and E-safety Consultant

**Listen now: club.teentips.co.uk**



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## Book Launch– Rewards Trip

The library has begun a new tradition of taking Student Librarians on rewards trips to thank them for their dedication to the library and their passion for reading. This year the students had the opportunity to meet the newly published author Tana MacPhearson Smith and ask insightful questions about her book 'There's A Monkey On Your Shoulder' which addresses mental health struggles among teenagers. The author praised our students, saying : "So many questions and your pupils asked all the best ones. Everyone commented on how lovely they were - how insightful in their comments and questions and great to talk to." A huge congratulations to our students for their excellent representation of our school!



## Key dates for weeks beginning 13th and 20th January

Description	Date	Time
Whole school assembly	Monday 13th January	8:30-9:00
KS3 Mid Year Assessments	Monday 13th - Thursday 16th January	All day
Inset day– no school for pupils	Friday 24th January	All day



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