



## Mr Wilson's Weekly Message



Welcome back after what I hope was a restful and enjoyable half term. At the start of each term, I think it is important to re-set expectations. Here at The Hurlingham Academy, we believe that consistency in teaching and expectations is key. Whether it is the first day back or the last day of term, I know that I can walk around the academy and see the very best teachers standing delivering fantastic lessons to inquisitive, engaged pupils. Our school routines are key in achieving this, as both teachers and parents know exactly what to expect throughout the day. I have been absolutely thrilled to see our routines so well embedded as I walk around the school this week, meaning teachers can get on with doing what they do best, teaching the highest quality lessons to our pupils.

Next week we are celebrating World Book Day. We have events happening throughout the week from visits to local book shops to dressing up as your favourite book character on Thursday. Do take an interest in all the fantastic events that Mme Keene and Mme Sroya have arranged- I may even change the book character I dress up as this year. I am not sure I can continue to get away with dressing as James Bond for one more year. With all the fantastic books out there and the inspirational characters, the hardest thing will be deciding who to dress up as!

## Music News

We would like to say a massive congratulations to Jay and Elijah on passing their first ABRSM music exams! Jay achieved Grade 1 Trumpet, while Elijah passed Grade 1 Trombone with distinction.

This fantastic achievement is a testament to their resilience, dedication, and unwavering commitment to independent practice. Learning an instrument demands patience and perseverance, and their hard work has truly paid off.

Well done, Jay and Elijah!



## Girls in Finance

On Wednesday, a group of 13 Year 10 girls attended the *We Can Be! (Women in Finance)* schools event in Central London. They had the opportunity to visit a top finance and investment company, Augmentum Fintech, where they took part in workshops and tours with high-ranking women in the financial sector.

Following this, they attended an event hosted by the Lord Mayor's Appeal at the Guildhall, where they were challenged to create an investment portfolio.

A huge congratulations to the THA team—Clauvia, Malika, Marwa, Mya O, Fatemah, Yusra, and Sienna—who won out of 50 groups! Well done also to Nicole, Minnah, Maddie, Salma, Sasha, and Sofia, who worked incredibly hard.

A big thank you to Ms. Mackay for organising this amazing trip!

### Clauvia - Year 10 student on the trip has written up the following review for us:

The trip was so amazing! The Augmentum Fintech team were so fun to talk to, from the start they were open to any questions, and they said "no question is ever a silly question." This made the experience really welcoming from the start. I've learned that financial portfolio management is about strategic thinking and taking risks, but it also involves exciting team work - and even friendly debates. Honestly, at first, I was a bit sceptical about the trip because maths isn't my best subject or biggest passion, but I've learnt that a career in Finance isn't all about maths -it's about working in an exciting, fast-paced and challenging environment. I feel really inspired. If you get an opportunity to go on one of these trips I highly recommend.



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## KS4 Mocks

Year 10 and 11 mocks continue next week. Pupils received their assessment manifests before the half term outlining what topics will be in each assessment, as well as including their assessment timetables. These assessment manifests can also be found on the school website. The timetable for week 2 of assessments can be seen below:

wb 3rd March						
	Mon	Tues	Weds	Thurs	Fri	
<b>1</b>	Year 11 Biology 75/105 mins		Year 11 Maths paper 1 (90 mins)		Year 11 English Language (105 mins)	
<b>2</b>		Year 10 Option C: History, Media, Drama, Business (105 mins)				
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>	Year 10 Science (90 minutes)	Option B: Business, Chinese (writing), French (writing), Spanish (writing) Media	Year 11 Chemistry 75/105 mins	Year 11 Option C: History P2, Geography, Music(separate room), Drama	Year 11 Maths paper 2 (90 mins)	Year 10 Option B: Business, Music, Geography, History, Mandarin (writing). Training room
<b>7</b>						
	Y11 Option A History Paper 1 TR					

## Second Hand Uniform Sale

We will be holding a second hand uniform sale on 5th March at 3:35pm. Please do come along if you are looking for any new uniform for your child.



## Mr Wilson's Commendations

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

Top pupils for Seneca are:

Year 7: Youness

Year 8: Natanim

Year 9: Aminah

Year 10: Anna

Year 11: Rafael



Top pupils for Sparx reader are:

Year 7: Sabiha and Ibrahim

Year 8: Yurii and Princess

Year 9: Badis and Joshua



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## Wellbeing Hub

This week over on the wellbeing hub we are looking at supporting people with vaping addiction years. Log on for more details.



**PODCAST**

The Wellbeing Hub  
— from Teen Tips —

**This week's content**

Week commencing 3rd March

PODCAST: Vaping addiction with Zoe Shuttleworth, Director of It Happens Education

Listen now: [club.teentips.co.uk](http://club.teentips.co.uk)

## Key dates for weeks beginning 3rd and 10th March

Description	Date	Time
Whole school assembly	Monday 3rd March	8:30-9:00
Year 10 & 11 mocks	Wednesday 26th February- Friday 14th March	All day
Year 7 bookshop trip	Tuesday 4th March	13:30-15:30
Year 10 Debate Mate trip	Tuesday 4th March	15:00-18:00
Second hand uniform sale	Wednesday 5th March	15:45-16:45
World book day	Thursday 6th March	All day
Parent forum	Monday 10th March	18:00-19:00
Social action celebration	Wednesday 12th March	8:30-17:00
Year 9 London book fair trip	Thursday 13th March	9:00-15:00
Spring music recital	Thursday 13th March	17:00-18:00



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wysa  
Use Wysa, Feel Better

mind  
Hammersmith,  
Fulham, Ealing  
and Hounslow

# Emotional Wellbeing Support for Secondary School Pupils

Hammersmith, Fulham,  
Ealing & Hounslow

Wysa is an AI chatbot that has been commissioned by **Mind in Hammersmith, Fulham, Ealing and Hounslow** to give you a safe, non-judgmental space where you can talk about anything and everything that's bothering you. Let off steam and share your worries - Wysa is here to listen.

You'll get full access to all of Wysa's self-help tool packs, including 150+ exercises, with everything from mindfulness and meditation to therapy tools for anxiety and depression.



Private



Anonymous



Secure

*"I've been able to fix my sleep schedule for school and I've been feeling more organised for the most part...I've been able to de-stress better with a better daily routine."*

- Wysa user

## To download Wysa

Scan the QR code  
from your phone



Or use the link:

<https://get.wysa.uk/UfpgOmbHTHb>

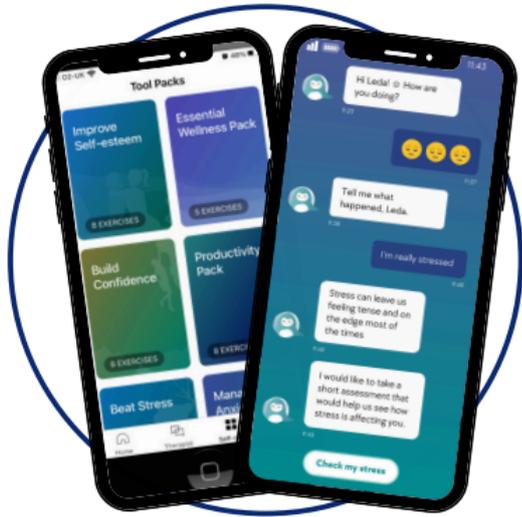
If you are asked for a code, please enter  
**MINDCYP2024**



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## Is Wysa safe?

Wysa's words have been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach.

If you need emergency help, hit the SOS button to find the right helplines at your fingertips, and do a grounding exercise to put yourself back in control.

## How is my data used?

The Wysa team may occasionally use some messages, which are completely anonymous, to train Wysa's chatbot to help improve its ability to have helpful conversations. No one outside of Wysa will ever have access to chat messages.

Wysa will use the anonymous data gathered, such as how many times each of the programmes within Wysa are used and how many times the SOS button is triggered, to produce a report to show how useful Wysa has been support Emotional Wellbeing. This will not include any information about who is using it.

## Is Wysa private?

Wysa is not a social media platform and users cannot message each other. No one will see what you share with Wysa, and it's completely anonymous. No email or sign-up is required within the app.

Once you have downloaded the app, all you need to do is open it and enter a nickname to get started!

## Who will have access to my conversations?

Your day to day conversations with Wysa are completely confidential and no one will have access to them

## How long do I have access to Wysa for?

You will have access for 12 months from when you download it

## What should I do if I am having a crisis?

If you are in need of urgent support, Wysa has an 'SOS' button at the top of the screen. This will give you a list of emergency numbers you can call or text. The support advice you get from the helplines is confidential and not shared with Wysa. Wysa cannot provide an emergency response or in any other way alert 999 to your needs.

In collaboration with



Private



Anonymous



Secure



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