



Mr Wilson's Weekly Message



Once again it has been a busy week here at The Hurlingham Academy. Key stage 3 continued to work hard on their assessments. I have been so incredibly impressed with the maturity and resilience pupils have shown throughout the exam period. It has been fantastic to hear the conversations pupils have been having with their teachers about the upcoming assessments, and to see pupils revising both in lessons and outside school. I would like to congratulate all pupils for taking their exams so seriously, and for year 7, well done for making it through your first exam period here at Hurlingham. I know that exams can be stressful, and I am incredibly proud of how you have all navigated the last two weeks.

We have also been busy this week thinking about how we can help protect our planet by saving energy. As you know here at The Hurlingham Academy, we aim to nurture responsible young citizens who care for their communities. Throughout Energy Saving Week, students have been looking at the ways in which we can all reduce our use of non-renewable energy, and therefore reduce our amount of carbon emitted as a result of our actions. On Monday Mr Pudney spoke in assembly about how we all have a part to play in reducing our energy consumption at school and at home. Here are a few quick and easy ways you can save energy at home, lower your bills and reduce your carbon footprint.



1. Turn off lights

Turn your lights off when you're not using them or when you leave a room. You could even put stickers on the switch to remind everyone.

Switch off standby

Turn off electronic equipment such as televisions, computers and chargers when not in use to avoid unnecessary use of electricity.

3. Improve Home Insulation

Insulating and draught-proofing your home helps prevent wasting heat, keeps the home warmer and could reduce your energy bills.

4. Careful with your washing

Use your washing machine on a 30-degree cycle instead of higher temperatures, only wash full loads, and avoid using the tumble dryer if you can.

5. Switch to LED lights

Replacing incandescent or energy-saving lamps with more efficient LED lamps can reduce energy consumption for lighting.

6. Speedy showers

Swapping your bath for a shower saves a huge amount of water, and set a 4 minute time on showers



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:

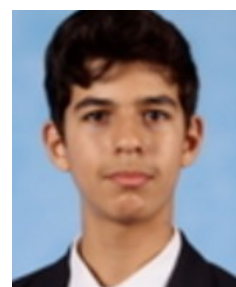
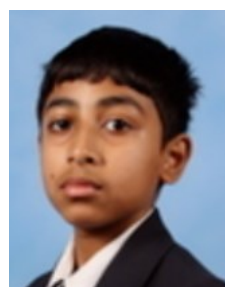
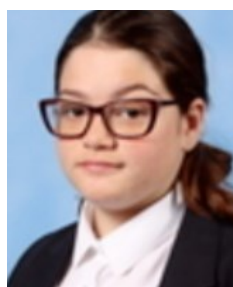
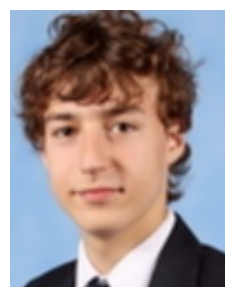
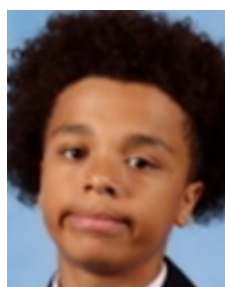
Year 7: Mia-Rosa

Year 8: Larushan

Year 9: Badis

Year 10: Donte

Year 11: Chris



Top pupils for Sparx maths are:

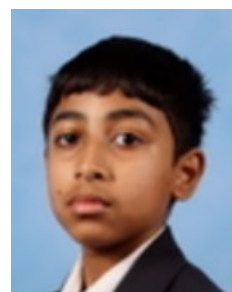
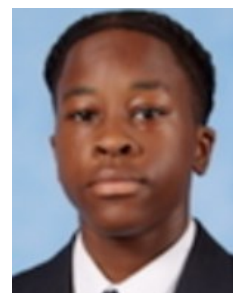
Year 7: Nasri

Year 8: Larushan

Year 9: Esraa

Year 10: Theo

Year 11: Nehemiah

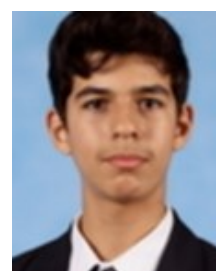
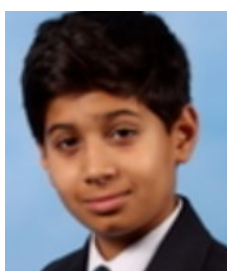


Top pupils for Sparx reader are:

Year 7: Nasri and Ryan

Year 8: Jamie and Bruno

Year 9: Badis and Peculiar



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Jack Petchey Speak Out Challenge

The Jack Petchey Speak Out Challenge regional final for Hammersmith and Fulham took place last Thursday at Fulham Cross Academy and two of our talented students: **Nicoleta Rotari (10U)** and **Angela Morella (10U)** represented The Hurlingham Academy with great pride. They competed against 14 other students from schools across the borough, presenting speeches they had spent months constructing, refining and rehearsing. The competition provided an excellent opportunity for them to hone their oracy skills. Both students did an incredible job and a huge well done to them for being such fantastic representatives of the school. A special congratulations to Nicoleta, who won the competition and was awarded first place! Her powerful speech, titled "Do You Feel Chained Right Now?" almost brought one of the judges to tears. Nicoleta's victory means she may go on to represent THA in the grand final—what an amazing achievement!



Sporting News

The U13 girls' football team had an English Schools' Cup game on Wednesday afternoon against Docklands Academy. After a challenging first half and going into half time 2-1 down, the girls had a tough task ahead. We were able to get a grip on the game, dominate the ball and control the entire second half. The girls got the score back to 2-2 to take the game into a penalty shootout. Unfortunately for the girls, we were knocked out after losing on penalties. The conditions were tough - a moist pitch in the chilling winter! It was a big squad effort and a big well done to the girls involved for putting in a fantastic performance in the second half. We keep moving!



Wellbeing Hub

There is lots happening over on the wellbeing hub this week.

For pupils we have:

Resource: [Student perspectives on social media with Year 7 students at Pinewood School](#)

Resource: [The illusion of social media: understanding the unreal world of online editing](#)

Resource: [Ways you can protect yourself and stay safe online](#)



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Year 7 Food Technology

It has been a busy week in food technology. Year 7 have been making roasted vegetables and couscous, supporting their learning on the Eatwell guide looking at ways of getting 5 portions of fruit or vegetables in their diet every day. Many students said that they did not like vegetables. However, after roasting their vegetables with some herbs and spices the atmosphere in the room started to change. Some were reluctant at first, but as soon as it came out of the oven and was cool enough to eat, so many students changed their mind and really enjoyed eating their roasted vegetables and couscous. It was also lovely to see them encouraging each other to try the food!

The hospitality and catering students made a chicken paella. Over the weeks they have been getting more confident at cooking independently and are now thinking hard about their presentation on the plate. Mme Cabo popped in and thought the paella looked very authentic!



Key dates for weeks beginning 27th January & 3rd February

Description	Date	Time
Whole school assembly	Monday 27th January	8:30-9:00
Year 9 vaccinations	Thursday 30th January	9:00-12:30
Year 10 Debate Mate trip	Thursday 30th January	14:30-20:00
Year 10 hotel catering trip	Friday 31st January	9:00-12:30
Chinese exchange visit	Monday 3rd– Friday 7th February	All day



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