



## Mr Wilson's Weekly Message



I hope you all had a restful half term and welcome to Half Term 4! We are so delighted to be able to say that we will be welcoming students back to The Hurlingham Academy on March 8<sup>th</sup>. This decision is welcomed by staff, students and parents alike and I would like to reiterate my thanks to you all for your continued support at these difficult times. We recognise the importance of our young people returning to school and feel confident that the decision made to begin to return to normality before the Easter break is the right one.

As before we will be continuing with all the same health and safety procedures to keep our students safe and this will begin with a testing programme on Friday 5<sup>th</sup> March so that everyone can return to classrooms safely. Please check the schedule below for when your child's year group are due to come in. We do encourage you to consent to the testing schedule as ultimately it will help to keep us all safe. It is important that we do not become complacent even though restrictions appear to be easing and that we remain vigilant by continuing to follow the guidelines that have become so routine across the school this academic year. Thus, social distancing will remain in place, face coverings must be worn indoors where social distancing cannot be maintained (including in classrooms) and students will continue to learn in their bubbles and self-isolate should they be in close contact with someone who tests positive for the virus. We look forward to seeing you all!

## Covid-19 testing schedule

Please see below the schedule for testing on Friday 5<sup>th</sup> March as stated in the letter home this week. All students should arrive at their scheduled time and return straight home to prepare themselves and their uniform for return to school on Monday 8<sup>th</sup> March

	9.00-9.30	9.30-10.00	10.00-10.30	10.30-11.00	11.00-11.30	11.30-12.00
<b>Friday 5<sup>th</sup> March</b>	7H, 7U, 7R	7L, 7I, 7N	8H, 8U, 8R	8L, 8I, 8N	9H, 9U,	9R, 9L, 9I

	12.00-12.30	12.30-13.00	13.00-13.30	13.30-14.00
<b>Friday 5<sup>th</sup> March</b>	10H, 10U	10R, 10L	11H, 11U, 11R	11L, 11I



## Year 8 and 9 assessments

Well done to Year 8 and 9 students for completing their online assessments at the end of January. We are really proud of you for pushing yourselves to complete these challenging tasks independently.

The top performing students in Year 8 were:

Overall rank	Student name
1	Miya
2	Christine Jane
3	Javohirbek
4	Jordan
5	Zaineab



The top performing students in Year 9 were:

Overall rank	Student name
1	Chloe
2	Arian
3	Anais
4	Gabriela
5	Jasmine



**Well done to all our top performers!**

Reports for all students have now been sent to parents by email, along with an [explanatory video](#). If you have any questions about your child's report, please contact Ms May or Ms Robinson.

## House points this week



This year	4450	4350	5200	3425
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## Subject in the Spotlight!

This week's subject in the spotlight is.... **PE** with MS Mulcahey, Head of PE



In **PE** this week we have been:

**Year 7:** Learning about agility and how we measure how agile we are. Next week we will be improving our agility using specific exercises and training methods.

**Year 8:** Understanding how balance can be tested and how it effects sports performance. Next week we will be developing training ideas to improve our balance.

**Year 9:** Exploring why muscular endurance is so important for day to day activities, we also completed tests to measure our current muscular endurance levels. Next week we will be comparing muscular endurance to cardiovascular endurance.

**Year 10 BTEC Sport:** This week we have been discussing and analysing flexibility training. Next week we will be designing a 6 week training programme.

**Year 10 GCSE PE:** We have consolidated the topic of components of fitness through analysing 9-mark questions and have started discussing different fitness tests for each component. Next week we will continue to look at different fitness tests and begin to look at exam questions on this topic

**Year 11 GCSE PE:** This week Y11 GCSE were welcomed by a guest speaker, the incredible former Team GB sprinter Jason Gardener. He spoke about his journey from school-boy runner to Olympic athlete, recalling his training, competitions and more highs and lows from his distinguished athletics career. In lessons the class are introducing Goal Setting and SMART Targets, looking at case studies, and how these methods are applicable in sports and everyday life.

**Year 11 BTEC Sport:** This enjoyed the same guest speaker as GCSE PE. Next week we will be revisiting Unit 5 and the short-term responses of the cardiovascular system to exercise. Students will learn how the body begins to sweat, why the heart rate and blood pressure increase as well as why the cardiac output and tidal volume increase as a way to maintain sporting performance.

For further curriculum information, please go to [www.thehurlinghamacademy.org.uk/curriculum/curriculum-maps](http://www.thehurlinghamacademy.org.uk/curriculum/curriculum-maps)



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## Squat challenge update

Congratulations to Ms Mulcahey who completed 2800 squats in February for Teenage Cancer Trust. Amazingly, she completed the entire challenge on day 16 and has continued squatting in the hope of achieving 5000 by 28<sup>th</sup> February. She is currently at 4450 and has raised nearly £300. If anyone would like to donate, please go to

[HurlinghamAcademyPE \(@PEandSportTHA\) / Twitter](https://www.hurlinghamacademy.co.uk/PEandSportTHA/)

She is willing to add one squat for every £1 donated between now and Sunday 28<sup>th</sup> February to add to her target of 5000. Keep it up Ms Mulcahey!



## Olympic Gold Medalist, Jason Gardner MBE, visits THA

This week Year 11 were welcomed by a guest speaker, the incredible former Team GB sprinter Jason Gardener MBE. He spoke about his journey from schoolboy runner to Olympic athlete, recalling his training, competitions and more highs and lows from his distinguished athletics career. We were all so inspired by his story and can't wait to get back in the sports hall to continue our own sporting journeys!



## Sporting updates!

**miMove**

Making the World More Active

- We are excited to announce that we have become the first United Learning school to join the @miMoveApp where Year 9 will be able to log their activity, fitness levels and celebrate all forms of movement! Let's get moving!

- House rowing competitions will be back up and running in March!
- The fitness suite has had a little re-vamp with some new and updated equipment added. The PE team cannot wait to get back to face to face teaching, we have missed every single student.



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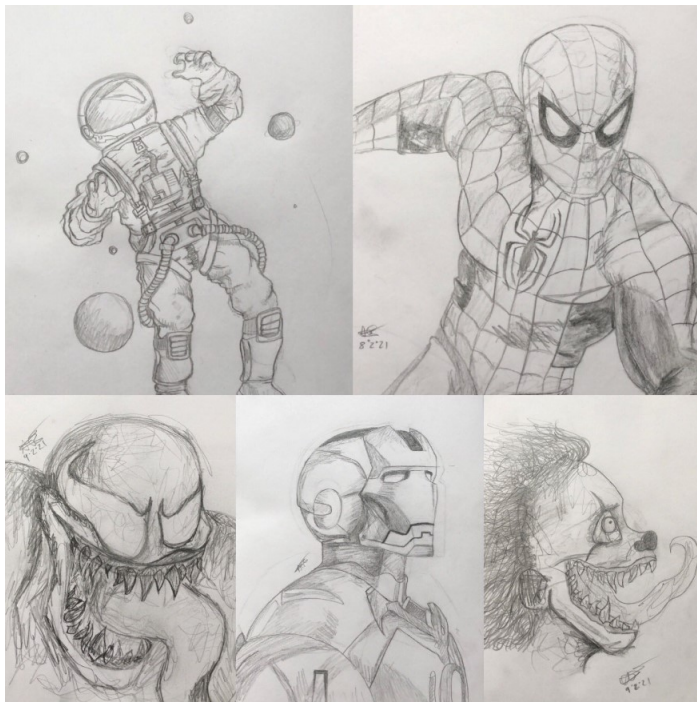


## Artists of the week

Ashley in Year 9 sent in these fabulous sketches she has created independently. We love to see what students are getting up to in their free time. Especially when they are perfecting skills like these. Fantastic!



Follow @ArtHurlingham on twitter for more artistic updates



There are also lots of new musical snippets on our twitter page. Follow @HurlinghamMusic for the latest musical updates



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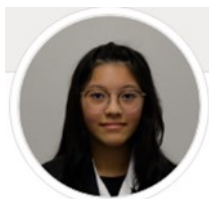
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## Mr Wilson's Weekly Commendations

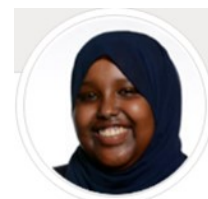
I am pleased to see our pupils working to a consistently high standard both in their online lessons and at home. Congratulations this week go to the following pupils, who made it to the top of our maths, science and English leader boards:

Top of the leader board for **Hegarty Maths** this week are:

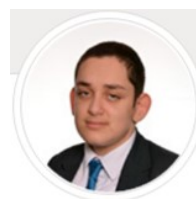
Year 7: Chelsea



Year 8: Alfred



Year 9: Jasmine



Year 10: Adam

Year 11: Aniza

The following students are top of the **Educake science** leader board this week for most correct questions answered:

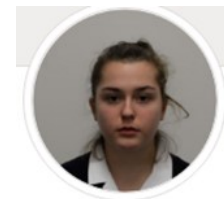
Year 7: Laith



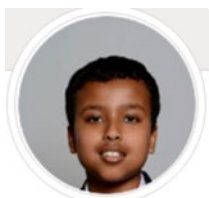
Year 8: Liban



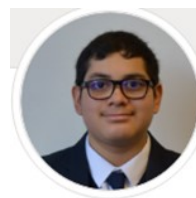
Year 9 Josh



Year 10 Alejandro

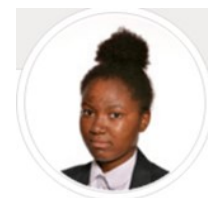
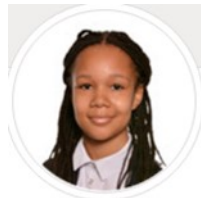


Year 11 Alseea



Our top readers this week in Year 9 as recorded on **Accelerated Reader** are:

1. Justin
2. Natalia
3. Misty
4. Niamh
5. Jahnai



## World Book Day – March 4th 2021

March 4<sup>th</sup> is **World Book Day** and at The Hurlingham Academy, we are looking forward to celebrating books and stories through a range of activities across the week. World Book Day is a **celebration of reading**, authors, illustrators and books. It's designated by [UNESCO](https://www.unesco.org/en/world-book-day) as a worldwide celebration of books and reading, and marked in over 100 countries all over the world.



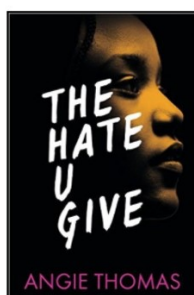
World Book Day is a **charity** on a mission to help change children's lives by making reading together and reading for pleasure a habit for life. **Reading for pleasure is the single biggest indicator for success in life, more than family circumstances, educational background, or income** (Organisation for Economic Co-operation & Development). Sharing stories together for just **ten minutes a day** will encourage a love of reading and it's fun for everyone! You can read together **anywhere and everywhere, from breakfast to bedtime!** In the park, on the train, on the sofa, on a plane – reading and sharing stories can happen anywhere at any time.

World Book Day offers every child and young person the opportunity to have a book of their own. Your child will have access to a world book day token that allows them to collect a free book from participating book stores. These tokens will be sent electronically to you – and your child will also receive a paper copy on return to school on March 8<sup>th</sup>. Although the vouchers say they need to be used by March 28<sup>th</sup>, World Book Day have said that for 2021, booksellers will honour the vouchers beyond March 28<sup>th</sup>, while their stocks last.

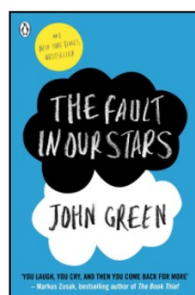
Families can also access information and activities for all ages at [worldbookday.com](https://worldbookday.com). The family section includes activities, reading recommendations, free audiobooks and opportunities to win free books. We encourage you to take time this week as a family to talk about stories and books that you enjoy and take time to share reading stories together. We look forward to sharing our World Book Day activities in next weeks newsletter.

### DON'T FORGET!!

**On Thursday is your big chance to wow us with your World Book Day costumes... we want to see your book characters come to life! Send a photo to your tutor for your chance to win. Prizes will be announced at the next Whole School Assembly for the best costumes. Good luck!**



The Hate U Give



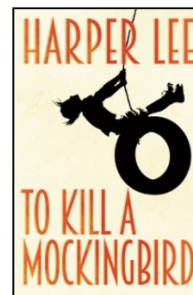
The Fault in Our Stars



The Lie Tree



The Outsiders



To Kill a Mockingbird



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## World Book Day – March 4th 2021

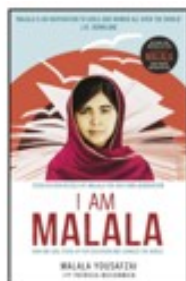
These are the World Book Day TOP 25 BOOKS FOR TEENS 2021 as voted for by teens. These are the books that teens can't wait to press into the hands of their friends. The **books that everyone's talking about** and the stories that have stayed with them long after the final page. The **tearjerkers**, the stories they want to share and the **books that have changed the way they think**.



A Monster Calls



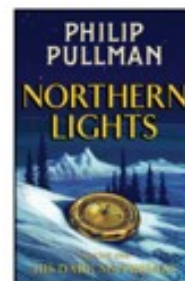
Everything, Everything



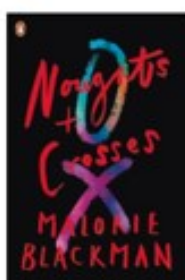
I Am Malala



Moondust



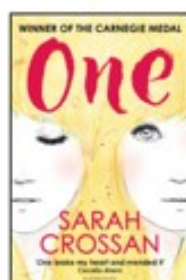
Northern Lights



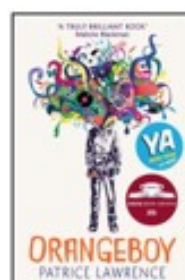
Noughts and Crosses



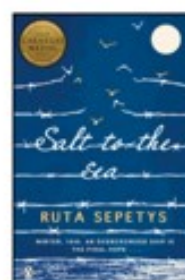
Of Mice and Men



One



Orangeboy



Salt to the Sea



Six of Crows



Skulduggery Pleasant



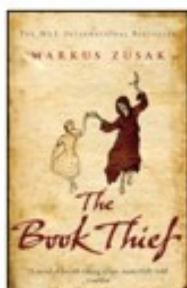
Summoner: The Novice



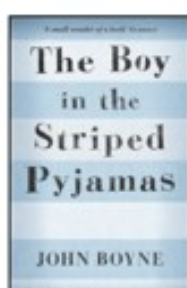
The Arrival



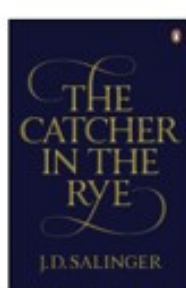
The Art of Being Normal



The Book Thief



The Boy in the Striped Pyjamas



The Catcher in the Rye



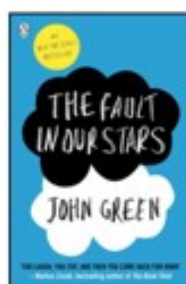
The Curious Incident of the Dog in the Night-Time



The Curious Tale of the Lady Caraboo



The Hate U Give



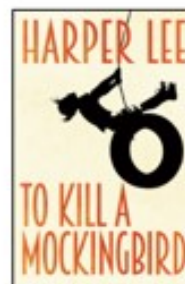
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# Wellbeing Tips

Looking after yourself whilst home schooling

Bulletin No. 1 – Creating a balanced routine



Hammersmith, Fulham,  
Ealing and Hounslow

At the moment, we are spending an increasing amount of time at home. Our homes have also become a place we go to school. This can make it difficult to unwind and can challenge our mental wellbeing. This month's bulletin is all about ways you can support your wellbeing whilst schooling at home

## Create routines and boundaries

Routines and rituals can help create important boundaries between your school day and personal time.

Here are some examples!

- Put school items out of sight during breaks and at the end of the day
- Make a visual timetable of your week not only incorporating your study time and regular breaks, but also activities you enjoy.
- Mark the beginning and end of your school day by stepping outside or taking a walk



## Self-care

Self-care is any activity you do to look after your emotional, physical and mental health

Give these a try!

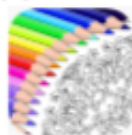
- Take a short mindfulness activity break e.g. colour a picture, take deep breaths, listen to relaxing music
  - Stretch and stand up between lessons
  - Schedule catch ups and check ins with friends that aren't school related
  - Draw or paint after the school day
  - Watch your a show or film you like after school



## Wellbeing Apps & Websites

**kooth**

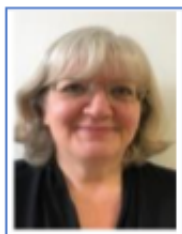
Kooth is an online, messenger-based counselling service for young people. [www.kooth.com](http://www.kooth.com)



Colourfy is a colouring workbook app available on Apple and Android



Calm is a mediation app where you can practice mindfulness



Mandy

Hi I am Mandy and I work as an Education Mental Health Practitioner (EMHP) within the Mental Health Support Team (MHST) which supports school staff, children, and parents to think about self-care, emotional wellbeing, or behavioural issues.

I can offer 6-8 sessions to you to and provide support with implementing strategies to address excessive worry or low mood.

For further information, please contact  
Katie Bryan or email [dutyouthservices@hfehmind.org.uk](mailto:dutyouthservices@hfehmind.org.uk)  
to schedule a brief appointment with Mandy Niven.



Quote from a Young Person

*'It has helped me to have somewhere to talk about my feelings'*



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## Key dates for week beginning 01/03/21

Description	Date	Time
Key worker and vulnerable students in school	Monday 1 <sup>st</sup> - Thursday 4 <sup>th</sup> March	08:30-15:00
All students learning remotely	Monday 1 <sup>st</sup> - Thursday 4 <sup>th</sup> March	08:30-15:00
Pastoral Hour online	Thursday 4 <sup>th</sup> March	15:30-16:30
World Book Day	Thursday 4 <sup>th</sup> March	08:30-15:00
Parent Forum	Thursday 4 <sup>th</sup> March	18:00
Covid-19 Testing	Friday 5 <sup>th</sup> March	At scheduled times



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