

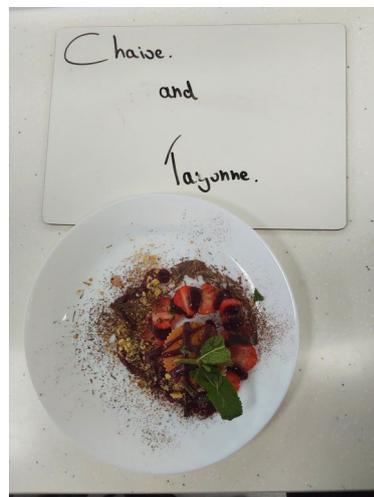


## Mr Wilson's Weekly Message



Good afternoon everyone! GCSE exams have started this week and I want to say again how much we are all thinking of and doing what we can to support Y11 at this stressful time. I know they will get grades which reflect their hard work, commitment and resilience and I can't wait to celebrate with them on August 22nd. I know I am going to be very proud of them. On another note, in the news this week has been school attendance and how nationally, attendance figures drop on a Friday. This is something we are seeing at The Hurlingham Academy and it is disappointing. Please do support us and your child's education in ensuring they do not take Fridays off. They are already so disadvantaged by the loss of education they experienced during Covid19 times, that we need to be doing all we can to ensure we make up for this lost time. Children need to be in school every day unless they are unwell. Please make sure your child is not losing out. Have a lovely weekend, the weather looks balmy, almost Jamaican! Mr. Wilson

## Year 8 Food styling this week. Wow!



## South West London College transition support

### Information for Year 11 parents:

We know that your teen may have already applied, or is thinking of applying, to a Further Education (FE) college course for

September. Whilst this is an exciting time, the transition from secondary school to college can feel daunting for some, and we would therefore like to offer some additional support for those applying to South Thames College (Wandsworth), Carshalton College, Merton College, Kingston College, Richmond College and Croydon College.

This form is to gather **your** interest in attending a parent/carer session. The link to the parent/carer form is here: <https://forms.office.com/e/xmeLXMezc9> **Please complete the form by Friday 31st May.** If you would prefer a word doc version, see attached – please complete and return it via email to [caroline.gibbs@swlstg.nhs.uk](mailto:caroline.gibbs@swlstg.nhs.uk) by Friday 31st May – Caroline leads the NHS wellbeing service at these FE Colleges.

Your teen will be sent a separate questionnaire to gather their interest in attending a meeting about making the move from secondary school to college. If you would like to complete this with your teen, you can access the form here: <https://forms.office.com/e/CnKHqN08i0>

Once we have gathered this feedback and organized the transition support sessions, we will contact you with the information that is relevant to the chosen college. If your teen is applying to, or interested in more than one college, include both/all sites in the information below.

Thank you for completing the form - we'll be in touch!

**Further Education NHS Wellbeing Service**



# Mental Health Awareness Week

 **Mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow

## Mental Health Awareness Week 2024

Date: 13<sup>th</sup> – 19<sup>th</sup> May 2024

### What is mental health?

- How we feel about ourselves, our bodies and our lives
- Knowing that it is okay to struggle when things are tough.
- Understanding how to be a good friend to ourselves and to others (most of the time).
- Being able to enjoy our lives, having good times and positive relationships. (This does not mean that you have to enjoy every moment).
- Knowing when we need to get some extra help and support, and being able to ask for it.
- ... something we can and should look after – the way we look after our physical health and wellbeing.



## What should we look out for?

### Physical Symptoms

**Changes in:** weight, energy, appetite, breathing or sleep.  
**Feeling:** sweaty or sick/dizzy.  
**Aches and Pains:** Head, stomach, chest.

### Mood

**Feeling:** sad, tearful, irritable, angry, neglected, bad, ugly, dreading the future, no interest in life or others, judgemental about themselves.

### Behaviour

**Changes in:** eating habits, sleeping, concentration.  
**Withdrawing from:** activities, people, difficult situations. Being snappy, crying.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR HOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## The 5 Ways to Wellbeing



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## Careers trip to Chelsea and Westminster hospital.

This week Year 10 students went on a super active day to Chelsea & Westminster Hospital where students got the opportunity to "bag" a dummy patient (a manual process of ventilation that might take place in an intensive care scenario), use VR headsets to perform 'surgery' and develop first aid skills with training from nurses. It was a real hands-on day that was such an impactful and inspiring opportunity for all. We have lots of newly aspiring medics in Year 10 now because of this amazing experience. Look out for Dr Ali-sha-Rose and Dr Maharyta on the wards in future!



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## Subject in the Spotlight–



This week's subject in the spotlight is Business and Enterprise & Marketing with Lead Teacher Miss Eshelby.

This week in Business, year 10 have been learning about the UK economy and how fluctuating levels of unemployment impact our society and our local businesses. Did you know that 4.4% of the UK is unemployed? That means almost 3,000,000 people do not have a job! Next week, we will be looking at tax rates, who we pay tax to and why we pay tax

in the first place.

Year 10 Enterprise and Marketing have been using their presenting skills to create and deliver a professional pitch in front of an audience. Their aim? To pitch a business idea so well that potential investors simply cannot decline their offer. The classes will be putting their confidence to the test to see who can deliver the most put together pitch, with persuasive language and key details about their very own business idea.

Year 11 Business students have been very busy revising for their upcoming GCSE exam. With so many calculations to learn, students have been memorising formulas to help them in the exam. These include revenue, total costs, profit, breakeven, margin of safety and even cash flow.

Similarly, Year 11 Enterprise and Marketing are getting stuck in with their exam preparation. They are currently learning how businesses use the marketing mix to design and create a product or service that stands out from competitors. Students are learning the importance of product, price, place and promotion, and how each element can impact one-another.

From the economic environment to product development, there is something for everyone in Business and Enterprise. To find out more about our business routes and schemes of learning, please go to [www.thehurlinghamacademy.org.uk/curriculum/curriculum-maps](http://www.thehurlinghamacademy.org.uk/curriculum/curriculum-maps).



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## Y7 Green Futures

On Tuesday all our Year 7 students travelled to Kensington Gardens to participate in the final 'Conservation Day' of the year, facilitated by Royal Parks.

The students completed four separate activities aimed at conserving the natural habitats in the park and helping its natural inhabitants, and their inhabitants, thrive!

First up was 'sucker pulling', here students learned how when in distress, trees send up new branches and growths from their roots with an aim to ensure survival. The students learned that the best way to ensure the survival of these trees is in fact to pull up and remove these 'suckers', which then directs the energy and nutrients back into the main tree itself - a task they set about doing with great enthusiasm!



After this came an investigation into the insect-life of the meadow. Pupils used nets to catch an array of insects and then an ingenious box with two straws, which drew the insects into a clear container for closer inspection.

After lunch we planted hundreds of bulbs which were already sprouting, digging small holes using a 'dibber' and planting them into the soil directly, we did this were we had used the 'harrow' last time to clear an area and plant yellow rattle, it was great to see the fruit of our work!

The final activity was 'mulching', cutting back the weeds that had grow at the side of the park, before planting new grasses and covering them with mulch which others brought in a wheelbarrow.



After December's deluge, it was fantastic to have such a scorching hot day to be out in Hyde Park! A huge thank you to all the teachers who made this happen - the final conservation day of the year!



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## Mr Wilson's commendations

It has been another impressive week here at the academy, with pupils once more working hard on their studies both in the classroom and at home. Congratulations go to all the following pupils who made it to the top of our leader boards this week. Photos of 1st places below

### SPARX Maths leaderboard:

**1. (Yr8)**

Alfie Alli

**2. (Yr8)**

Leo Gowhary

**3. (Yr8)**

Mohammed Ali



### SPARX Reader leaderboard:

**1. (Yr7)**

Adabella Willybiro

**2. (Yr8)**

Gabor Kondor

**3. (Yr9)**

Mohammad Al-Ibrahimi



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