



## Mr Wilson's Weekly Message



I often discuss results with our students because they matter — they open doors and create opportunities. Results reflect hard work and deserve recognition. However, at The Hurlingham Academy we also prioritise educating the whole child, offering meaningful and inspiring enrichment experiences. This week has been a perfect example of that commitment. On Monday, we held our PSHCE drop-down day, followed by our 'Cultural Capital' trips into London on Tuesday and Wednesday, and we concluded the week with a two-day House cross-curricular project. It's been wonderful to witness how positively our students have engaged with these opportunities. After the Cultural Capital trips, many students shared how much they enjoyed the experience — their enthusiasm was clear to see. I've also been impressed by the numerous messages praising our students' exceptional behaviour. Our high standards are well known, and it is especially rewarding to see our pupils demonstrate such exemplary conduct in public. As Headteacher, I feel incredibly proud of how our students have represented The Hurlingham Academy. Thank you all for approaching this week with energy, enthusiasm, respect, and humility. I am proud of every one of you.

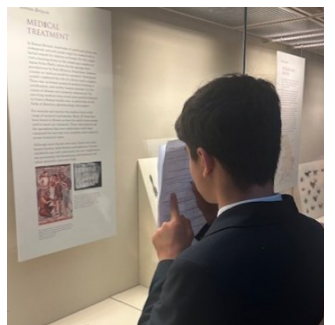
## Year 10 Work Experience

As part of our commitment to developing the whole child, each year our year 10 pupils complete a week's work experience with businesses within our local community. As always, the range of placements has been fantastic— from doggy day care to architecture. We've received some incredible feedback from managers, stating how hard working and committed our pupils are. Well done to all of year 10— your first taste of adult life!



## Cultural Capital Days

On Tuesday and Wednesday, the whole KS3 cohort experience the rich culture and history our capital city has to offer. Students, grouped in their houses, went out to 15 different attractions and galleries across London. These two days proved to be an invaluable experience for both staff and students. Here at the academy, we are incredibly proud of the students' enthusiasm for learning during the visits, as well as their outstanding behaviour throughout.



## Wellbeing Hub



WEBINAR



— The —  
**Wellbeing  
Hub**  
— from Teen Tips —



## Coming up this week

Wednesday 16th July 2025

WEBINAR: Helping your child thrive in a digital world with Dr Elizabeth Milovidov, Author, Lawyer, E-safety Consultant and Digital Parenting Expert

Sign up now [club.teentips.co.uk](https://club.teentips.co.uk)



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## Second Hand Uniform Sale

After the success of our sales last term we are proud to announce that we will be holding another second hand uniform sale on Thursday 17th July at 3:45pm.

In advance of this we will be collecting uniform donations. If you have any uniform at home that you no longer need, please do consider donating it to support others within our school community.



## Key dates for upcoming weeks

Description	Date	Time
Whole school assembly	Monday 14th July	8:30-9:00
China trip	Friday 4th—Tuesday 15th July	All day
Year 10 DofE Expedition	Monday 14th-Tuesday 15th July	All day
Golden postcard trip	Monday 14th July	12:00-15:00
Year 7 PSHCE workshop	Monday 14th July	9:30-13:00
Year 8 Axiom maths trip	Tuesday 15th July	10:00-13:00
Year 8 art trip	Tuesday 15th July	10:30-15:30
Thorpe Park	Wednesday 16th July	10:30-15:30
Year 10 History trip	Thursday 17th July	9:00-16:00
Second hand uniform sale	Thursday 17th July	15:45
Last day of term	Friday 18th July	School finishes for all pupils at 13:00



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# Support over Summer

Bulletin: July 2025

 **mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow

## HAPPY HOLIDAY, FROM ALL OF US AT HFEH MIND!



### We wish you a restful, fun summer.

Be sure to practise self-care to build up resilience for the next school year.

We have organised lots of activities and workshops to support your mental and emotional wellbeing over the holiday.

**We hope to see you there!**

### ONLINE WORKSHOPS: SCHOOL ANXIETY & AVOIDANCE

If you're worried about starting school again in September, join us online to discuss ways to cope with stress and how to access more support.

There are separate workshops for students and for parents/carers of students. **See the 2 posters below for dates and QR codes to register.**



### ACTIVITIES AT TUDOR ROSE COMMUNITY CENTRE

Tudor Rose Building, Fulham Court, SW6 5PG

#### Active Minds

Fun afternoon sessions to boost confidence and wellbeing!

#### Weekly workshops for students and parents

- Getting on with friends and family
- How to sleep better
- Coping with worries and anxiety
- Feeling more confident about the new school year
- Managing difficult emotions



For dates and times, and to register for all Tudor Rose activities, [click here](#) or use the QR code.



### MIND ON MUSIC AT THE CIRCLE

46 South Ealing Rd, London W5 4QA

Make music with workshop leaders at our group drop-in sessions on Wednesday afternoons. Listen to music, try out instruments and learn to use your voice (rapping, spoken word or singing!) to express yourself and explore your emotions. [Click here to sign up!](#)

# Are you feeling stressed about returning to school after Summer?

Join our online workshop to discuss school anxiety and ways to manage your worries and emotions.



Sign up to one of the time slots using the QR code or by clicking [here](#).

Wed 6<sup>th</sup> August 2-3pm

OR

Wed 13<sup>th</sup> August 2-3pm

OR

Wed 20<sup>th</sup> August 2-3pm

You are welcome to keep your camera off if you'd like to remain anonymous.

Minds Matter: You Matter

For better mental health visit  
[www.hfehmind.org.uk](http://www.hfehmind.org.uk)  
Registered Charity No. 801259

**NHS**  
North West London

 **mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow



# Online Workshop for Parents & Carers

## School Avoidance

Discuss reasons behind school avoidance  
and ways to support your child to manage  
anxiety.



Sign up to one of the  
time slots using the  
QR code or by clicking  
[here](#).

Wed 6<sup>th</sup> August 12-1pm

OR

Wed 13<sup>th</sup> August 6-7pm

OR

Wed 20<sup>th</sup> August 12-1pm

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