



Mr Wilson's Weekly Message



The month of June brings with it many things. For our hard-working Year 11s, their external exams start to draw to a close and they will look ahead to their next journey at sixth form (after a very well deserved extended summer holiday of course). For the rest of school, June marks the beginning of the last half-term of a very busy and successful academic year. We of course have our end of year assessments for all years in June, but it also brings a number of fantastic opportunities. We have a number of trips running throughout the month as well as many more school based activities. There is definitely no winding down during this final half term, for staff or students. Everyone works incredibly hard as part of a team to ensure we provide the best for our pupils every single day. June brings with it plenty of opportunities to be a part of that team I trust that all pupils will embrace these, really making the most of all there is to offer.

Golden Hinde Trip

This week, we took 71 Year 10 students to the Golden Hinde by Tower Bridge. Our History GCSE Students have been learning about the Spanish Armada over the last half term, and had an enrichment opportunity to see a replica Tudor ship that would have sailed in the time of the Spanish Armada.

Our students got to see replica canons, experience and see the anchor mechanism on a Tudor ship and the type of weapons used on board. Our students were engaged and amazing representatives for our school, a special mention goes to Gina, Jolie, Ayaan, Tayonne, Sienna and Aminah!



Year 9 Trip to Istock Place

Over the past few months a group of Year 9 Hurlingham Art students worked collaboratively, with Artist and designer Molly Bonnell, on a mural for the WAC Arts Schools festival.

Students took part in three sessions and came together collectively to select a subject area that as a group they felt was vitally important as a young person in 2026.

Session one saw students look at a range of artists, makers and designers. Students were introduced to banners of support from around the world. Students began brainstorming and discussing what was important to them. At the end of session one students decided their banner theme. The group decided that their theme should reflect the importance of community, equality and fitting in, no matter who you are or where you are from in the world. In session two, students learnt the process of cyanotype, dying their own individual fabrics with trapped items and words, that were important or meaningful to them. The students exposed their textile artworks to the sunlight which created unique, bleached out designs.

In the final session, the students came up with a powerful message, that would hold the attention of all. Finally, then they began sewing their individual pieces onto the collaborative banner.

On Friday 22nd May 2026 the group of year 9 students, and 3 other participating schools took part in the WAC Arts Summer festival. The students participated in arts careers workshops from Central Saint Martins school of design, and put the finishing touches to their artwork.

Finally, the students and the other participating schools got to see their incredible collaborative work on display. Hurlingham's textile piece was proudly displayed in the entrance of the WAC Arts hall, for the public to see and enjoy over the half-term period. It was wonderful to see how proud and excited the students were to see their hard work, and the work of the other schools! Our Year 9 students collaborated incredibly well, and showed huge creative success, demonstrating what a wonderful creative community they are part of at Hurlingham.



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 of the leaderboard for Seneca are:

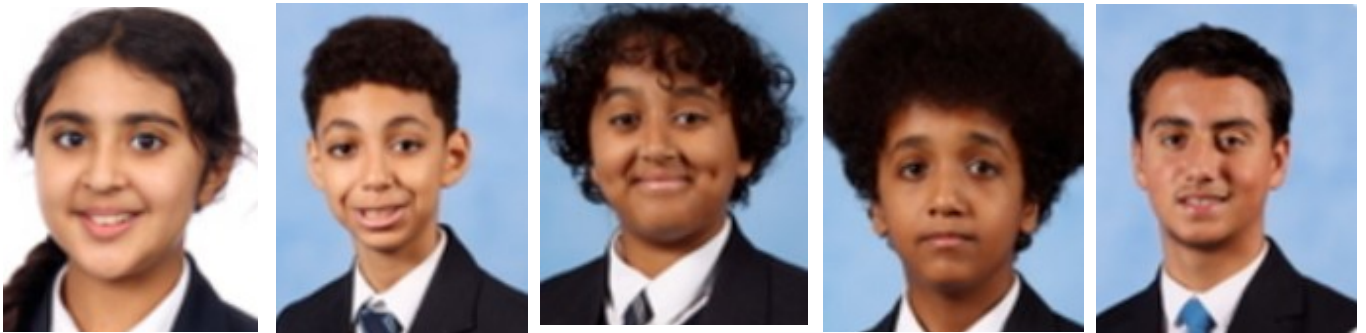
Year 7: Leah

Year 8: Youness

Year 9: Ammar

Year 10: Omar

Year 11: Daniel

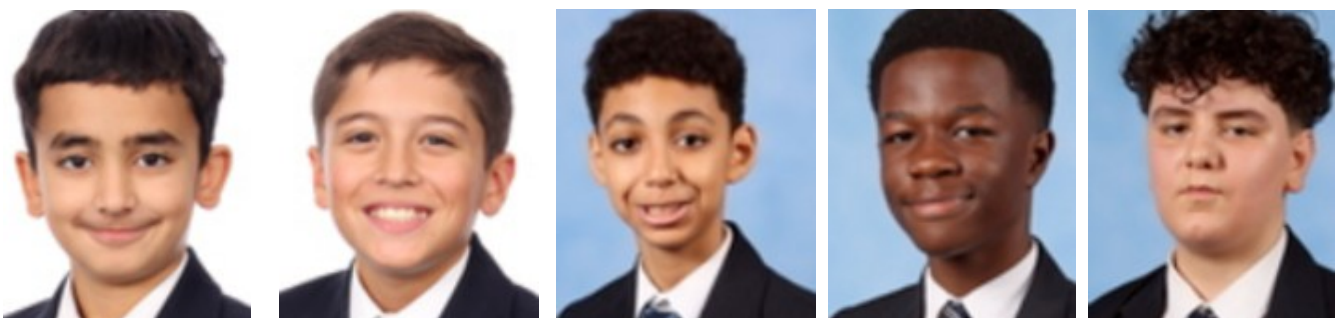


Top pupils for Sparx reader are:

Year 7: Ashaya and Mayraj

Year 8: Kiran and Youness

Year 9: Yassen and Isaac



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Wellbeing Hub

One of our key priorities here at the Hurlingham Academy is to create an environment that nurtures student's mental health and well-being. In view of this, we are delighted to offer free access to the Wellbeing Hub, developed by child and adolescent mental health and wellbeing experts, Teen Tips. We are delighted to introduce this, and we highly recommend you take the opportunity to register and begin to use all the amazing resources they have to offer. The Wellbeing Hub is an interactive online portal, designed to help you understand and meet your child's social and emotional needs. We believe it will be an invaluable source of information and support for our whole school community.

As a member, you benefit from:

- Complete Parenting Teens and Parenting 2-12's audio & video courses
- New weekly resources - podcasts, articles, tips and more
- Monthly live Q&A with a child & adolescent psychotherapist
- Careers Advice - articles and tips, as well as Inspiring Futures podcast series - insiders' perspectives on different industries, roles and career paths
- Q&A library
- Self-Care – giving you access to The A to Z of wellbeing, Your Stories and Talking Points
- Member offers
- Parenting one-to-ones (paid service)
- Access to specialist help and support
- Monthly webinars from in-house and guest, expert-level speakers on a range of topics

You can find a Guided Video Tour of The Wellbeing Hub for Parents <https://vimeo.com/818403262/d7891fd5a3?share=copy> and a Visual Guide linked <https://club.teentips.co.uk/app/uploads/2023/04/Parent-Guide-The-Wellbeing-Hub.pdf>

Our agreement with The Wellbeing Hub from Teen Tips covers our whole school community and delivers a wealth of support and resources for staff – including a 10-part course to help them to be of further support to your child here at school.

Pupils will also benefit:

Our pupils are being given access to The Wellbeing Hub, grouped by their age ranges ie for those aged 10+, 13+ and 16+ with resources tailored specifically to support them with their mental health and wellbeing. The Wellbeing Hub for pupils includes a bank of answers, a range of resources - short films, blogs, and tip sheets on all manner of themes, careers advice and the Inspiring Futures podcasts series and a Help Zone with links to specialist organisations should they need extra support or advice and more.

Accessing The Wellbeing Hub

Instructions on how to register and links for accessing The Wellbeing Hub are detailed in our private parents' portal <https://club.teentips.co.uk/register/parents/?ca=b4356473a4a6592de0a52d336ba0e761>

If you have about access, team



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any specific queries please contact the at info@teentips.co.uk

Homework during assessments

Students should now be preparing for their end of year exams, which start next week. Their teachers have set them homework that supports with their revision - this may include memorising key terms from their knowledge organiser, making flashcards or answering exam questions. Students must ensure they prioritise these activities, as they will be the most beneficial for exam preparation - although students are, of course, welcome to do more, if they wish. After each subject's exam, no more homework will be set until the week of 22nd June, in order to give students enough time for other revision. The only exception is for Sparx Maths and Sparx Reader, which must be completed each week.

Amazon Wishlist

We're excited to share our school Amazon Wish List, created to help provide extra resources and opportunities for our students. Every item donated big or small makes a real difference to classroom learning, enrichment activities, and student wellbeing.

If you find something you would like to purchase from our Amazon Wish List, just add it to your basket and follow the same procedures as if you were ordering something for yourself. The items will then be delivered directly to the school. Please make sure you select the school address in the delivery section.

Thank you,

The Friends of Hurlingham (PTA)

<https://amzn.eu/0eZ4qwEw>



Key dates for upcoming weeks

Description	Date	Time
Whole School Assembly	Monday 8th June	8:25-9:00
Years 7-10 end of year assessments	Monday 8th—Wednesday 24th June	All day
Friends of Hurlingham meeting	Monday 15h June	18:15-19:15
Sands End Art Exhibition	Thursday 18th June	15:30-18:30
Year 11 Prom	Friday 19th June	17:00-23:00



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Parents Walk & Talk

For parents of children & young people with SEND, aged 0-25

Join a welcoming group of parents/carers for a walk every other week. Followed by a free coffee and chat. Share experiences, listen, walk and connect.

Whether your child has a diagnosis, you are waiting for support, or you have been on this journey for a while, you are very welcome.

Upcoming Dates



Monday 20th April, 9.30AM

Riverside Walk, Meet at Riverside Studios, Hammersmith



Monday 18th May, 9.30AM

Ravenscourt Park, Meet at Paddenswick Tea House



Monday 1st June, 9.30AM

Riverside Walk, Meet at Riverside Studios, Hammersmith



Monday 15th June, 9.30AM

Ravenscourt Park, Meet at Paddenswick Tea House



Monday 29th June, 9.30AM

Riverside Walk, Meet at Riverside Studios, Hammersmith



Monday 13th July, 9.30AM

Ravenscourt Park, Meet at Paddenswick Tea House



For H&F residents - No booking needed - Buggies welcomed
Stay for a free coffee & chat afterwards

Email us: info@parentsactive.org.uk www.parentsactive.org.uk



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PREPARING FOR END OF YEAR EXAMS



As we approach our end-of-year assessments, it is normal for some students to feel nervous or worried. A small amount of anxiety can help us to focus and perform well, but it is important to recognise when anxiety is becoming difficult to manage.

Signs of anxiety may include:

- Difficulty sleeping
- Headaches or stomach aches
- Increased irritability or tearfulness
- Difficulty concentrating
- Avoiding revision or discussions about assessments
- Seeking repeated reassurance

How students can help themselves:

- Create a simple revision plan.
- Take regular movement and screen breaks.
- Practise calming strategies such as slow breathing.
- Talk to a trusted adult if worries are becoming overwhelming.
- Focus on doing your best rather than aiming for perfection.

How parents can help:

- Encourage regular sleep routines and healthy meals.
- Help your child break revision into manageable chunks.
- Encourage regular breaks, exercise and time to relax.
- Focus on effort and progress rather than outcomes.
- Listen to concerns and offer reassurance.
- Remind your child that assessments are only one measure of their learning and do not define them.



Further support

- Kooth: Free, safe and anonymous online mental wellbeing support for young people. Visit: www.kooth.com
- Teen Tips Wellbeing Hub: Practical advice and resources for young people and parents on anxiety, stress and resilience.

