



Mr Wilson's Weekly Message



As we begin the Summer Term, I have returned to school feeling extremely optimistic. This may be down to the rest and time spent with loved ones during the Easter break, perhaps helped along by that one welcome burst of warm spring sunshine, or the excellent attitude with which both staff and students have returned. I suspect it is a combination of all three.

The school is already a hive of focused effort and academic rigour, with our Year 11 students firmly in exam mode and determined to achieve the very best outcomes in their GCSE and BTEC examinations. The entire school community is right behind you, Year 11, and we wish you every success this term. I would also like to extend my heartfelt thanks to the staff who gave up time during the Easter holidays to run revision sessions. Your commitment and care for our students truly make a difference.

This term offers every student the opportunity to shine. All pupils will sit exams in June, showcasing the knowledge and skills they have developed since September. Alongside this, there are many exciting opportunities beyond the classroom, including Sports Day, Cultural Capital trips and a range of rewards to celebrate success.

I hope all students make the most of everything the Summer Term has to offer, and I wish everyone a positive, productive and rewarding term ahead.

Parent Opportunity to be involved in SEND research

Our Learning Support volunteer, Rukhsana Ground who is completing an MSc in Psychology at Birkbeck University of London is looking for participants for a short interview as part of her dissertation. Her study explores "how parents from ethnic minority backgrounds who have at least one autistic child balances work with family life" an area that is under-researched in the UK. By sharing your experiences, you'll be helping raise awareness and understanding of the challenges faced by parents in similar situations and contribute to research that could help inform better support going forward.

All interviews will be confidential and no personal details will appear in the dissertation.

If you would like to find out more or take part, please complete the form here: [Research participant confirmation](#)



Working at The Hurlingham Academy

To further strengthen and support our academy, we are delighted to be recruiting additional staff for the next academic year, including a Learning Support Assistant and a Cover Supervisor. This is an exciting opportunity to join a vibrant and diverse school community with high expectations and aspirations for its young people, a strong commitment to excellence, and a shared determination to help every student succeed. Further details about both roles can be found by clicking the following link: [Work With Us](#).

Parent Webinars

InvestIN is hosting a new series of parent webinars, launching with 'How to Support Your Child During Exam Season' on Wednesday 29th April, 6PM (UK time).

This session will offer practical advice and guidance to help parents navigate the high-pressure exam season with their children, sharing stress management techniques and signs of burnout.

The other sessions in May and June also provide parents with valuable insights, tips and guidance on topics such as university applications and finding work experience.

Check out the webinar schedule below:

- How to Support Your Child During Exam Season - 29th April 18:00 BST
- How to Find Work Experience - 13th May 18:00 BST
- Everything You Need to Know About Applying to University - 10th June 18:00 GMT

If you're unable to join live, you can still register to receive the webinar recording the following day.

Register [here](#) today.



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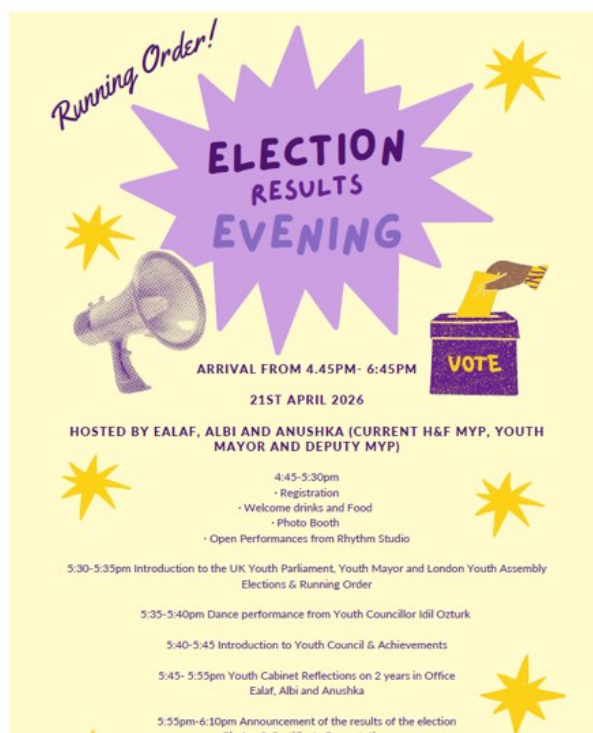
Girls' Football Results

It was fixtures galore this week for our girls' teams. Our U13s were given the three points after their opponents could not field a team to play. On Wednesday, our U15s played Hammersmith Academy at King's House in Chiswick, and it was a very windy and scrappy affair. After going into half time 1-0 down, we continued to put pressure on their goalkeeper by shooting at will, and this time with the wind behind us. At times, it made our passing more challenging as the wind would carry the ball further down the pitch, but we finally score an equaliser with Faith slotting home. After hitting the post several times, Hera was then involved in setting up Faith for a second goal which gave us the lead and the win. Fleur did a huge favour by going in goal and allowing Dior to play outfield for the second half, but all girls made a difference and helped us take home three points.

The next day we had another girls' match, and this time it was a double header vs. Holland Park. We sadly had to go to the fixture missing a couple of key players, and this showed as some of the girls had to play across two matches. We narrowly lost the first game with our U15s in a 3-2 defeat, followed by another loss where a number of the girls had to play for a second time in a short amount of time. Well done to all involved in a busy week of fixtures!

H&F Youth Council elections

Interested in the Hammersmith and Fulham Youth Council election results?...



Running Order!

ELECTION RESULTS EVENING

ARRIVAL FROM 4.45PM - 6:45PM

21ST APRIL 2026

HOSTED BY EALAF, ALBI AND ANUSHKA (CURRENT H&F MYP, YOUTH MAYOR AND DEPUTY MYP)

4:45-5:30pm

- Registration
- Welcome drinks and Food
- Photo Booth
- Open Performances from Rhythm Studio

5:30-5:35pm Introduction to the UK Youth Parliament, Youth Mayor and London Youth Assembly Elections & Running Order

5:35-5:40pm Dance performance from Youth Councillor Idil Ozturk

5:40-5:45 Introduction to Youth Council & Achievements

5:45-5:55pm Youth Cabinet Reflections on 2 years in Office Ealaf, Albi and Anushka

5:55pm-6:10pm Announcement of the results of the election Photos & Certificate Presentation



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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 Sparx Maths are:

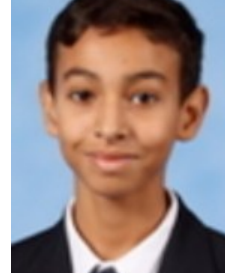
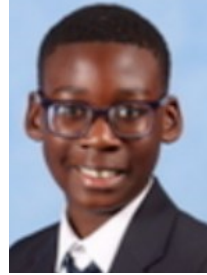
Year 7: Rhea

Year 8: Jamil

Year 9: Yusuf

Year 10: Esraa

Year 11: Theresa and Peter

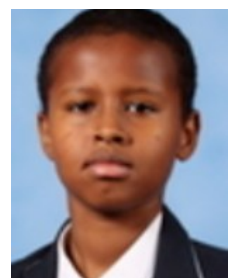
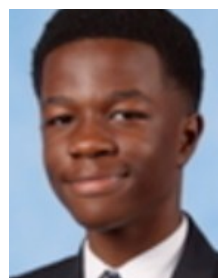
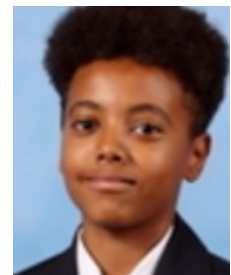


Top pupils for Sparx reader are:

Year 7: Ayyana and Adam

Year 8: Milkias and Marthed

Year 9: Isaac and Zubayr



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Friends of Hurlingham

Our next 'Friends of Hurlingham' PTA meeting will be on Monday 20th April at 6.15pm.

If you're interested in joining or just finding out a bit more us, please come along. It's a great way to get more involved with the school community, meet other parents, and support the school! This will be a fully remote meeting. Please join using this link:



<https://teams.microsoft.com/meet/383686800611635?p=Cls2O77ci3SjpV5t9v>

The dates for the upcoming PTA meetings for the rest of the year are 6.15-7.15pm on the following dates:

- Monday 20th April
- Tuesday 5th May*
- Monday 18th May
- Monday 1st June
- Monday 15th June
- Monday 29th June
- Monday 13th July

Key dates for upcoming weeks

Description	Date	Time
Whole School Assembly	Monday 20 th April	8:25-9:00
Year 9 Brighton Trip	Tuesday 21 st April	8:00-16:00
Year 10 Ibstock Place Trip	Wednesday 22 nd April	9:00-15:30
Year 11 Exam Essentials Evening	Wednesday 22 nd April	18:30-20:00
Year 9 Brighton Trip	Thursday 23 rd April	8:00-16:00
Year 9 Interview Skills Day	Monday 27 th April	All day
Year 9 and 10 Oxford Trip	Tuesday 28 April	All day
First give final	Tuesday 28 April	14:00-16:30
Year 10 Parents Evening	Thursday 30 th April	16:30-19:00



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Stress Awareness Month

Student and Parent/Carer Bulletin – April 2026



We have rebranded as West London Mind (WL Mind).

All our services remain the same – but our website is now www.wlmind.org.uk



Stress Management Society runs **Stress Awareness Month** every April.

This year's theme **#BeTheChange** reminds us that we have the power to look after our wellbeing and reduce our own stress levels by making small changes.

Stress is a normal and important reaction to feeling scared or under pressure. It activates our Fight, Flight, Freeze responses to keep us safe.

[Click the pic to watch a video explaining the 3 Fs!](#)



Stress can energise us and increase our focus, helping us in pressured situations like joining a new school, competing in sports, or doing exams.

However, if we feel stressed over a long time, we can develop mental health problems like anxiety or depression. So, it's important to notice when we are stressed and find ways to reduce our stress levels.

How does stress affect you personally?



People experience stress in many different ways, so it can sometimes be difficult to recognise in ourselves. Make a list of how stress affects **your** body and mind – here are some examples...

Body: headaches, tummy problems, difficulty sleeping, clenched jaw, crying, shouting, hitting things, hurting ourselves

Emotions: irritable, no interest in our usual hobbies, lonely, anxious, overwhelmed, impatient, sad

What things help to reduce your stress levels?

Make a list or drawing of all the things that help you feel better when you're stressed. Keeping a reminder on your wall or phone means you don't need to think up new coping techniques next time you're feeling panicked – just choose something off your list! You can [click on the pic](#) to download a 'stress bucket' poster to add your list to.

Here are some stress-busting ideas you might like to use...

- Dancing
- Listening to a favourite song
- Drawing
- Meeting friends
- Talking with a family member
- Having a cry
- Playing sports
- Reading

Try not to rely on tech as a stress-buster. Online games and social media can actually increase stress levels, so it's important to have offline interests too.



You're never on your own.

If you're struggling with difficult emotions, speak to a teacher, parent or carer.

They can refer you to our support services through your school.

You can also call Childline: 0800 1111 (free, confidential, 24/7)