



## Mr Wilson's Weekly Message

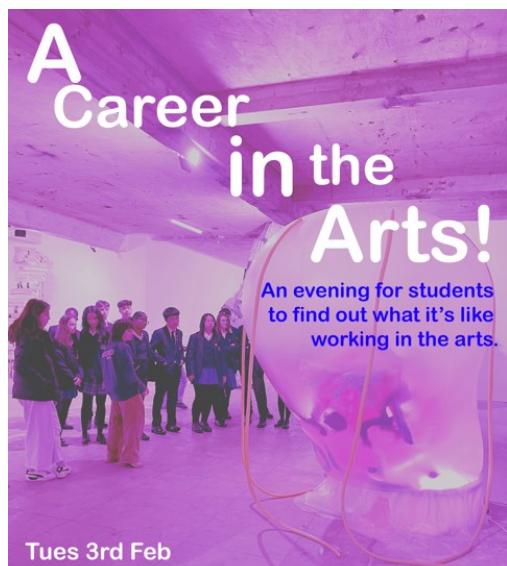


I cannot believe we are already coming to the end of January. For some, January can be a difficult time, with cold and gloomy days. For me, however, I love to see January as an opportunity to set goals and intentions for the year ahead. I have never really subscribed to New Year's resolutions or the idea of a "new year, new me", but I do believe this time of year offers a valuable chance to pause and reflect on what I want to achieve, both professionally and at home.

Those of you who have been reading the newsletter for a number of years will know that most Januaries I pledge to use my exercise bike more or go to the gym. More often than not, by the end of the month I realise this hasn't quite materialised in the way I had imagined! Well, this year I am pleased to announce that I have actually stuck to my promise. It feels fantastic to reach the end of January and be able to say, "Yes, I've done it." Now for the next 11 months!

Perhaps you could try setting yourself a tangible but challenging goal this year. By December 2026, what would you like to have achieved? Exercise, nutrition, reading, and developing new skills are often great places to start when thinking about goal-setting. For our Year 11 students, goals may be centred around achieving the very best GCSE results or securing a place at their desired sixth form or college. For those in Key Stage 3, goals might include working hard to be placed in a particular tutor group, improving attendance, increasing the amount they read, or saying yes to more of the enrichment opportunities we offer. Whatever the goal, I encourage everyone to set themselves a new challenge. I can now confidently say that achieving a goal, especially one you've stuck with, really does feel great.

## Career in the Arts



We are incredibly excited to be hosting our first Careers in the Arts exhibition on Tuesday 3rd February at 16:30. We encourage everyone to come along and explore the wide range of fantastic career opportunities available within the artistic field.



## 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 pupils for Seneca are:

Year 7: Adam



Year 8: Mario



Year 9: Abdulrahman

Year 10: Yong-Zheng



Year 11: Donte



Top pupils for Sparx maths are:

Year 7: Rabiba



Year 8: Joey

Year 9: Sharifah



Year 10: Ali



Year 11: Madeleine



Top pupils for Sparx reader are:

Year 7: Dylan and Louis



Year 8: Dora and Youness



Year 9: Leah and Layla



**The Hurlingham Academy**

The best in everyone™

Part of United Learning

