



## Mr Wilson's Weekly Message



This week I have been reflecting on the importance of working together as a community in order to achieve the very best for our pupils. Last night we had our first face to face parents evening for over two years and let me tell you, I was in my element. As I walked around the main hall and canteen, it was so lovely to be able to hear parents and staff having such purposeful conversations about learning and wellbeing. One of the many things we have missed out on as a result of the pandemic is the option for parents to meet teachers in person. I really do believe that face to face meetings can be so much more impactful. I

also had the pleasure of speaking to a number of parents and hearing their feedback both about the night and the school in general. This are the kinds of conversations you just don't get the opportunity to have online. As I always say to the staff, feedback is a gift. Yes, it is great to hear all the positive things parents had to say (and I have to say I left school a very proud man last night). Parents were so thankful for all the hard work everyone is putting in. It actually made me quite emotional hearing how appreciative people are. But I also loved to hear parents thoughts on how we could change and develop. It is only through feedback that we will grow. Moving forward, we hope to hold all parents evenings in person but please do not wait until then to get in touch. If you have anything you wish to discuss, please contact the reception and ask to speak to your child's Head of Year or any member of the senior leadership team. As I said, it is through working together that we will achieve the best outcomes for our children.

## 8I First Give



**What:** Dodgeball Students  
VS Staff

**Where:** Sports Hall

**When:** Wednesday 11<sup>th</sup> May  
@lunchtime 13:15

**Spectators:** All donations  
welcome suggested price  
50p

**What:** Basketball most hoops in  
one minute

**Where:** Basketball court

**When:** Thursday 12<sup>th</sup> May  
@lunchtime 13:10

**Who:** Yr7 – Yr11 and staff

**How:** Sign-up sheet outside MU2

**Price:** £1

**Prize:** Your own Basketball



## Subject in the spotlight



This week's subject in the spotlight is.... Maths with Head of Maths, Mr Capes

This week in: Maths

**Year 7** are currently focussing on building the foundations of their understanding of Geometry. They are currently working on their Angle rules. Next, they will be learning their shape names, shape properties and understanding coordinate geometry. These are some of the most core skills of Mathematics and must be understood very well to be successful at GCSE. Once these skills have been mastered, students will be moving onto their first ever Data and Statistics unit.

**Year 8** are currently learning their second unit in Area, focussing on trapezia and compound shapes. They will then be moving onto Statistical Diagrams and Averages. These are all GCSE topics which, if mastered, will prepare them very well for Year 9 and their GCSE.

**Year 9** have already recapped Shape Properties and all their GCSE angles. Next, they will be moving onto Circles and working with 3D shapes. They must have a very strong understanding of all these topics to set themselves up for many harder topics involving geometry in Year 10 and 11.

**Year 10** are currently studying the GCSE unit of Data and Statistics.. It is a new and very important GCSE topic that they have never seen before, with real world applications in finance, science, sports, politics and many more. The second half of the term will focus on revision and review of topics from the Year 9 and Year 10 to prepare students for Year 11.

**Year 11** are preparing for their GCSE's, with only 8 school days left till their exams. The priority for all students right now is to be completing predicted papers and Hegarty tasks based on the advanced exam information, and seeking support from teachers when they find a topic they do not understand.



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## Mr Wilson's Commendations

Congratulations this week go to the following pupils, who made it to the top of our maths and science leader boards:

Top of the leader board for Hegarty Maths this week are:

Year 7 - Isabella

Year 8 - Luna

Year 9 - Asiya

Year 10 - Nyet

Year 11 - Omar



Top of the leader board for Educake Science this week are:

Year 7: Isabella

Year 8: Lou

Year 9: Jack

Year 10: Favor

Year 11: Mirren



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## House update

In all my years of teaching PE and leading the House system, I have never seen a more closely contested match up. We once again brought two Houses head to head for the points, and it did not disappoint! After 15 minutes of rowing, Aequitas took the 100 points from Caritas by rowing only 1 metre further! It was like watching Oxford vs. Cambridge at the final stretch! Well done to Miss Hargreaves (Dr Payne and Mr Ives as well) for winning, and incredibly unfortunate to Miss Hayward who had her green army battling until the end.

On Wednesday, we incorporated the First Give project which Y8 are taking part in and ran a First Give word search. The activity itself was linked to their chosen charity, Family Friends. Another popular activity which had pupils scurrying around to complete. The winners were Aequitas, following by Unitas and Caritas, with Veritas in fourth place.

See below for updated scores!



### Term 2

|                  |          |     |
|------------------|----------|-----|
| 1 <sup>st</sup>  | Veritas  | 525 |
| 2 <sup>nd</sup>  | Unitas   | 400 |
| =3 <sup>rd</sup> | Caritas  | 375 |
| =3 <sup>rd</sup> | Aequitas | 300 |

### Overall

|                 |          |      |
|-----------------|----------|------|
| 1 <sup>st</sup> | Veritas  | 8185 |
| 2 <sup>nd</sup> | Unitas   | 8045 |
| 3 <sup>rd</sup> | Aequitas | 7555 |
| 4 <sup>th</sup> | Caritas  | 7415 |



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# Mental Health Awareness Week

## 09 – 15 May 2022

CYP Bulletin No. 9 – May 2022

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

### It's Time To Connect!

This year's theme for Mental Health Awareness Week is 'Loneliness.'

#### How can you overcome loneliness?

There has been an increase of loneliness amongst us due to COVID-19 restrictions but also other things, like changing schools, or having an argument with friends, can contribute to feeling lonely. Loneliness can be very uncomfortable. It can be difficult to explain and understand how you feel.

To the right are some signs of feeling lonely.

#### Am I lonely?

##### Signs Of Loneliness



- ☐ Feeling you are not good enough
- ☐ No close friends
- ☐ Always feeling alone no matter what environment you are in
- ☐ Feeling you are not heard or seen

#### Tips on how to manage loneliness



##### Self care

Meditation, Sleep & Exercise are a few examples! Click [here](#) for more info.

##### Friendships

Praise someone when they have done something good. Try to talk daily. Show empathy. For more info on friends, click [here](#)



##### Spend time outside

This can help relax your mind and the enjoy the world around you. For more click [here](#)

#### Y.A.N.A

#### You. Are. Not. Alone.

Supporting 16-25 year olds fight loneliness in **Hounslow, Ealing, or Hammersmith and Fulham**. Y.A.N.A offers one to one interventions, peer support groups and fun interactive group sessions. If you are interested contact 02085717454 or click [here](#)

**The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.**



We provide a **telephone drop in service** where you can speak to one of our team about your mental health and wellbeing.  
*Please note, this is not a counselling service*

Click the link below or scan the code to schedule a call:  
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit our websites: [www.hfemind.org.uk](http://www.hfemind.org.uk)



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## Sister Act the Musical

THEATRE TICKET OFFER! Come and see Sister Act, the feel-good musical comedy smash based on the hit film, that has audiences jumping to their feet! On in the half term holidays Wed 1<sup>st</sup> – Sat 4<sup>th</sup> June at the John McIntosh Theatre, London Oratory School, Fulham, SW6 1RX. Special offer for students of The Hurlingham Academy and their parents - £4 discount on tickets using the code SCHOOLS. Book at [www.wlos.org/tickets](http://www.wlos.org/tickets).



## Key dates for weeks beginning 9<sup>th</sup> and 16<sup>th</sup> May

| Description                    | Date                           | Time          |
|--------------------------------|--------------------------------|---------------|
| Whole school assembly          | Monday 9 <sup>th</sup> May     | 08:30 - 09:00 |
| Year 10 history trip           | Monday 9 <sup>th</sup> May     | 08:30 - 13:30 |
| 8L First Give – bake off final | Wednesday 11 <sup>th</sup> May | 15:30 - 16:30 |
| Whole school assembly          | Monday 16 <sup>th</sup> May    | 08:30 - 09:00 |
| GCSE exams begin               | Monday 16 <sup>th</sup> May    | 08:30 - 15:30 |



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