



— Volume 1 - Year 8 —

The Eagle

Newsletter



INSIDE, WE ALSO TALK ABOUT:

Head of Year
Updates

Subject Information

House Notices

Events/Sporting
Events

Key Dates and
Notices

Year 5/6 Open Evening

Each year, we ask parents to complete the Ofsted Parent survey after they have attended their child's annual progress evening. This information is available for all to see via the Ofsted Parent View website, [which you can find here](#).

Last year, **97% of respondents agreed that their child was happy at school**. Similarly positive responses were given for the other survey questions. This is significantly higher than survey results for most other schools, which you can explore via this website.

We pride ourselves on the work that we do to engage with parents and to deliver on our school vision. This manifests itself most clearly in the response we get on our Year 5 / 6 Open Evening, which once again was hugely successful this year. Almost 350 families attended the event this year – similar to previous years, which typically converts into more applications for school places than we can accommodate and sadly some families do not get a place for their child at our school. On the night, we direct people to the Local Authority admissions team for advice on the likelihood of getting a place so that families can ensure that they have a strong Plan B.

This is a terrific position for our school to be in, and we do not take it for granted. It has huge benefits for the school, bringing stability and confidence but the credit for this is shared across our entire school community. The support that parents, and other family members, give us in terms of attendance, behaviour and uniform standards means that our students are a strong focal point within the local community, setting examples that others wish to follow and creating a school that other parents wish their children to attend. It is a great team effort and we thank you for your ongoing support.

The Eagle is a half termly publication which reprises the name of a long-defunct yearbook that was published by the school in the 1960s. In each edition, you will hear from your child's Head of Year, the Heads of House and subject areas. There will also be lists of upcoming events, sporting celebrations and much else besides.

I hope you enjoy reading it.

Head of Year 8 Updates



Mr Riches

As our Year 8 students settle into the exciting and sometimes challenging journey of secondary school life, one quality stands out as vital for their success and well-being: Resilience.

Resilience is the ability to bounce back from setbacks, adapt to new situations, and stay positive even when things get tough. At this stage, our students face increasing academic demands, changing friendships, and the many personal challenges that come with early adolescence. As parents, you are key partners in helping your child develop this important life skill.

Encouraging a growth mindset is one of the most powerful ways to support your child's resilience. Praising effort rather than just the outcome helps them understand that learning and perseverance matter most. At Hessle High School, we celebrate the importance of trying again after mistakes, which builds confidence and determination. In assemblies we have looked at the resilience shown in sporting contexts, including the determination of Eric "the Eel" Moussambani, a swimmer from the 2000 Olympics who competed in the 100m freestyle despite only having ever trained in a 1 2-metre pool. Stories like these help our students to see what can be achieved with determination and persistence.

Modelling positive coping strategies at home also plays a crucial role. When you share how you handle challenges and setbacks calmly, you teach your child valuable ways to manage their emotions and keep going, even when things don't go as planned. Creating a supportive and open environment where your child feels safe to express their feelings allows them to process difficulties and grow stronger through them. Encouraging problem-solving is another important aspect of resilience. Instead of immediately offering solutions, ask your child how they think they could tackle a problem. This nurtures independence, responsibility, and self-belief. Additionally, maintaining healthy routines—including good sleep, balanced nutrition, and regular physical activity—provides the essential foundation for mental and emotional strength.

At Hessle High, we offer a range of support for student wellbeing, including access to our pastoral team, regular PSHE lessons, and targeted interventions through our Student Support Services. If you have any concerns about your child's resilience, confidence, or emotional wellbeing, please don't hesitate to contact their year team.

The Eagle - Newsletter

Head of Year 8 Updates

Student Spotlight

In recent sporting news, the Under 13 girls' football team was successful in their recent match against Kingswood, winning 3-2 and progressing to the next round of the cup. Well done to all involved. Two of the players from Year 8 have also been involved in their teams outside of school:



Mr Riches



Pictured left - **Evelyn N (8A3)** has been starring for Cottingham Rangers Lionesses and has now been given the captaincy of the team. In their first game of the new season Evelyn was awarded "Player of the match", with a top-class performance in midfield as well as getting herself on the score sheet. Evelyn has also recently signed up for Hull Saints in the boy's league and is challenging herself playing in Division 2. Well done Evelyn - we're really proud of you.

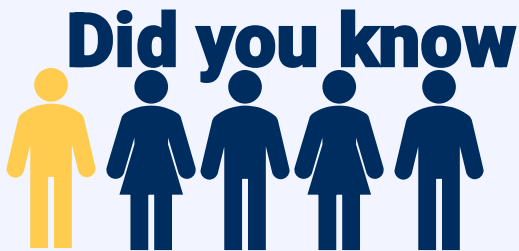
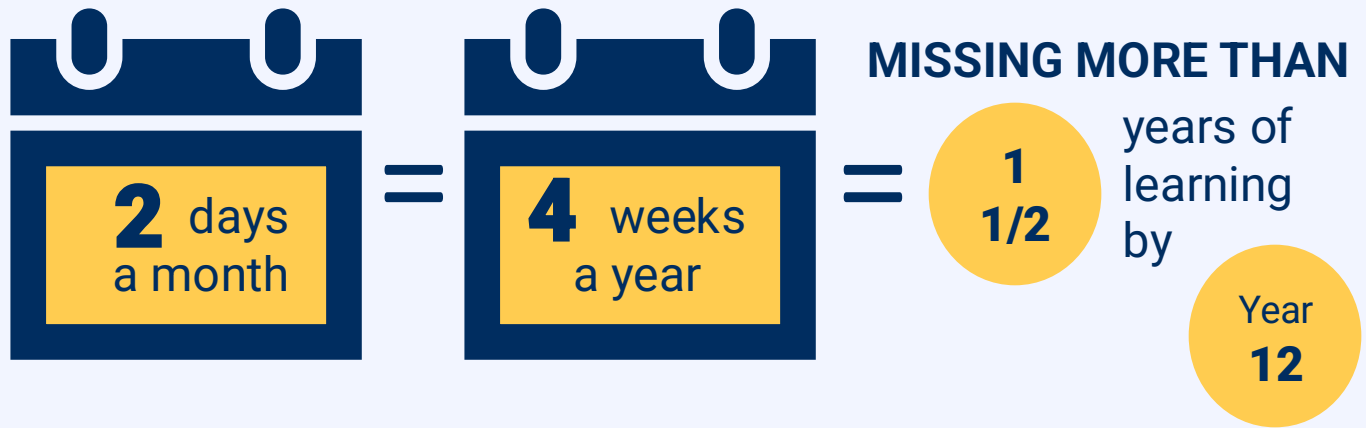
Her Cottingham teammate **Clara A (8P2)** has also been excelling on the pitch and is currently the club's top scorer. Clara's goals were key in our victory against Kingswood with Clara netting a match-winning hat-trick and, having watched the team in action, I'm sure there will be plenty more to follow.



Pictured right -We also have a speedway star in Year 8 – **Ellwood H (8A3)**. In recent months, Ellwood has finished 1st in the British club team finals, for cycle speedway, and is also U12s youth and junior champion for Yorkshire. Ellwood regularly takes 1st place in his regional races and, later this month, he will visit Ipswich to take part in Stage 3 of the British youth and junior national league stage. We wish him the best of luck and look forward to hearing about how he gets on.

Attendance Matters

Every student,
on time, every day



1 in 5

students don't attend
school regularly

**It's never too
late to improve
attendance**

What families can do ...

- ✓ Be firm: send your child to school every day, all day, unless they are unwell
- ✓ Develop good sleep and morning routines
- ✓ Schedule appointments and extra-curricular activities outside of school
- ✓ Avoid taking holidays during term time
- ✓ Seek help early before your concerns become serious

Each day missed ...

- Going to school more often will make a difference
- Attendance habits will follow your child into work and life
- Puts your child behind and makes it harder for them to catch up
- Can lead to lower achievement in reading and writing
- Can lead to gaps in learning
- Makes school completion less likely
- Makes the transition into a career less likely to be successful

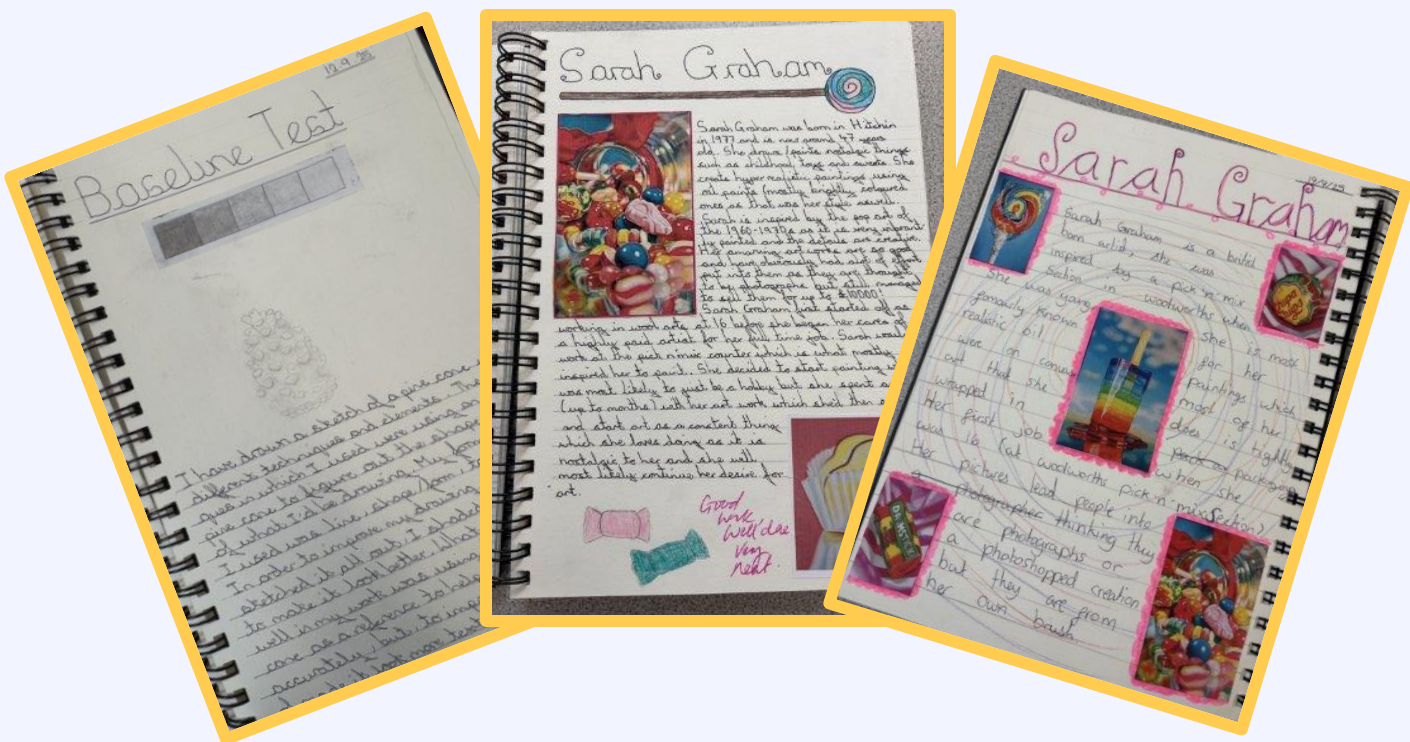


**Schools
are here to help.**

The Eagle - Newsletter

Art

Year 8 students produced their baseline tests and have started to explore the work and techniques of artist Sarah Graham. We have also challenged students to describe abstract Art and will then move onto our designs for a final sculpture cardboard construction as we head into the next term



Teacher Shoutouts

Harry R 8A1 - Harry works consistently hard and is also incredibly polite.

The Eagle - Newsletter

PE

This term in Year 8 PE, students have been building on their skills in football and netball with a focus on more advanced techniques and game strategies. They've taken part in drills to sharpen key skills like passing, shooting, and defending, while also working on teamwork and sportsmanship. Matches and friendly competitions have given students the chance to put their skills into practice, improving their fitness and gaining a stronger appreciation for how important cooperation and communication are in team sports.

Next on the curriculum:

Handball
Football
Trampolining
Badminton



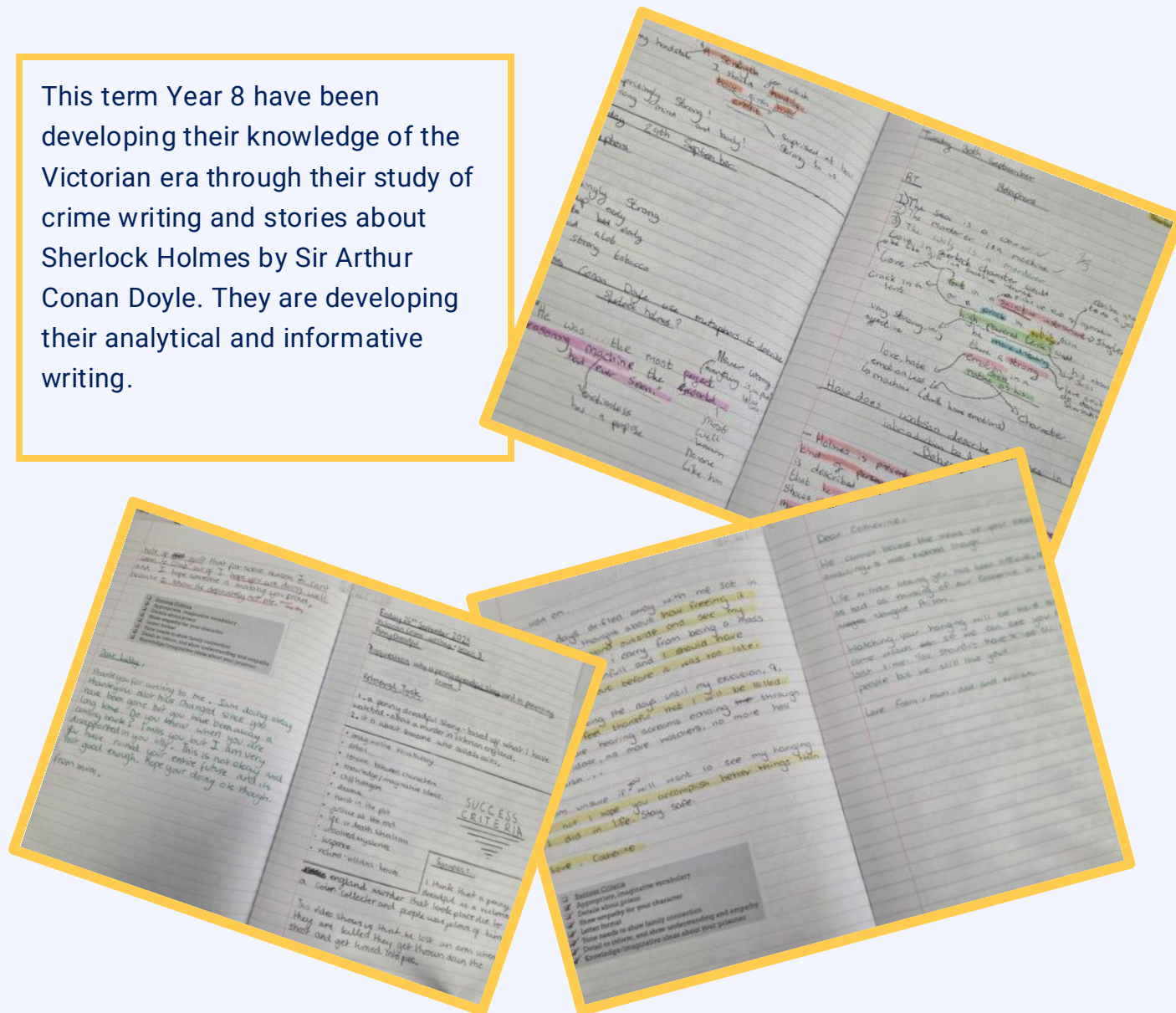
Teacher Shoutouts

Bradley G (7C1)
Poppie R (7C2)
Layla B (7P1)
River P (7C2)

The Eagle - Newsletter

English

This term Year 8 have been developing their knowledge of the Victorian era through their study of crime writing and stories about Sherlock Holmes by Sir Arthur Conan Doyle. They are developing their analytical and informative writing.



Teacher Shoutouts



Kamil P (801) has made an excellent start to the year! Hard working, respectful, a lovely student to have in the class. Well done!

Oliver D (802) An excellent start to the year! Always answering questions and actively participating in the lesson. A great student to have in class!

The Eagle - Newsletter

Maths

Our students have begun to work on a number unit including:

- Highest Common Factor
- Lowest Common Multiple
- Working with powers
- Working with roots

They have settled in well this year and have made a good start to their studies in Maths.

The next unit they will be working on is a unit on Area and Volume. This will involve area of a triangle, area of a trapezium and volume of cubes and cuboids.

A reminder that Sparx maths homework is set each Wednesday and is due in the following Wednesday. The student log on for the Sparx website is the same as the student log on in school.

How can you help your child with their homework?

- Provide a quiet space, free from distractions
- Encourage your child to start early, so they have time to seek help before the deadline.
- Let your child try questions independently before stepping in to help—this ensures Sparx can continue to adapt to their level accurately.
- Check the weekly email you'll receive from Sparx. You can use the Parent Portal link in the email to track your child's progress in Maths (Parental names and email addresses are shared with Sparx solely for this purpose - you have the right to unsubscribe from this service at any time).
- Remind them they can use the support videos in Maths or read through guidance in when they need help.

See the video for more useful support ideas. [Sparx home learning](#)



Teacher Shoutouts

Daisy E (8C3)
Isobel H (801)
Rose I (8C2)
Sanah S (8C1)
Joseph H (801)

The Eagle - Newsletter

RE

Year 8 have been exploring Holy Books as something that all religions have in common with each other. They started by looking at Holy Books and why they are important to religions. They have looked at the Bible and how it came to be written. They have completed some fantastic homework about the invention of the printing press and its impact on the popularity of the written word through the Gutenberg Bible. We have looked at the Guru Granth Sahib in the Sikhi faith and how it is treated and will continue our unit by looking at the Qur'an and the Torah for Islam and Judaism.

The second unit explores the religion of Judaism, by asking the Big Question "What does it mean to be Jewish?" They will look at key beliefs, Moses, shabbat, while also looking at the daily rituals that a Jewish person may have.



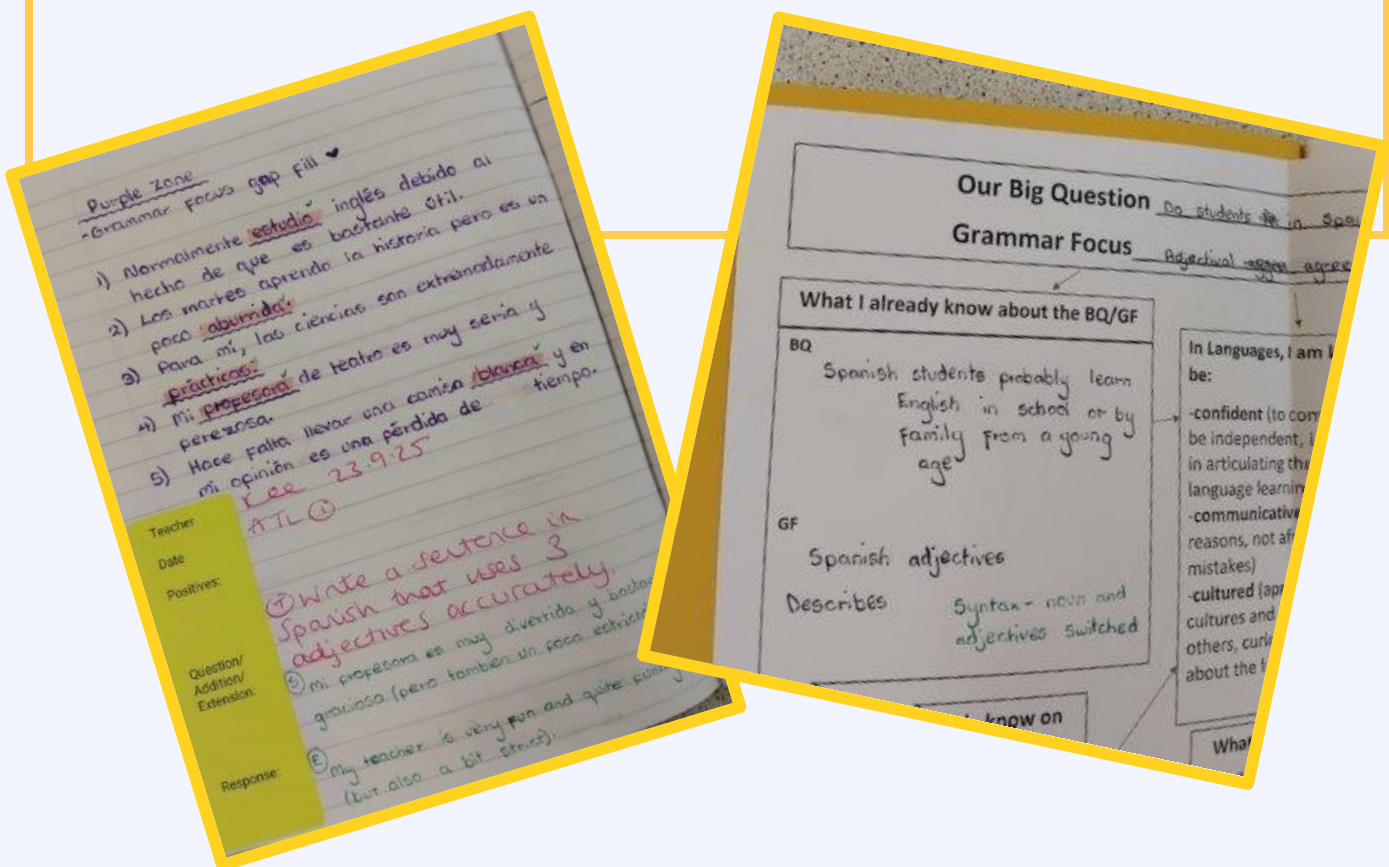
Teacher Shoutouts

Cooper S (8A1) – Excellent knowledge in our Sikhism lessons.

The Eagle - Newsletter

MFL

Our Year 8 Spanish students have come back with a real determination to succeed, and we are really impressed with their attitudes to learning this year already! They have embraced the new challenges of the topic of school. They are looking at this and comparing the UK and Spanish school system as part of our big question, 'Do Spanish children learn English like I learn Spanish?'. The vocabulary is increasing in difficulty, and they are embracing this well!



Teacher Shoutouts

Well done to
Max B (8A1)
Alicia C (8A3)
Amy A (8P2)

The Eagle - Newsletter

ERP/SEND

Our ERP students have attended the MKM stadium on a trip and have represented the school wonderfully. Well done.

A great start for all of our learners.



Teacher Shoutouts

Brendan P (701)
Anton D (7P1)

The Eagle - Newsletter



Orlando House Updates

The beginning of a school year is always time to start fresh and see what will come. But it's also a good time to reflect on the previous year and see how much we have grown. Over the past two years myself and Mr Adams have led Orlando to become the best we could, and even though we've still got a way to go, I'm so proud of what we have

achieved. We managed to raise an incredible £2045.93 over the past two years for WISHH our previous charity, and the money has gone towards their baby loss appeal. Whilst we may have fallen short on winning the house cup and sports day trophy, the determination and resilience that our students in Orlando showed was nothing short of special and I look forward to seeing what they can do in the year to come.



Miss R Bishop
Head of House

Over the next two years, we will be supporting a new charity – Dove House Hospice. This charity provides care to many people in Hull by running support groups, giving respite care, end of life care and many other wonderful opportunities for people and their families to get support in what can only be a devastating period. We are very proud to work alongside them.



dovehouse
hospice

caring for people with a life limiting illness

A new school year also means new student leaders and I am thrilled to announce our captains for the 2025-2026 school year. I am excited to work alongside these students to share ideas on how to plan our charity day, how we could motivate the rest of the house on sports day and how we can improve areas such as sustainability and diversity around the school.

Hope everyone in Orlando has a brilliant year, **GO ORLANDO!!**



HOUSE CAPTAINS 2025/26

Emily Young
House Captain

Lauren Allanson
Vice Captain

Mason Sheard
Charity Captain

Riley Gilmour
Sustainability Captain

Lexi-Mae McWatt
Sustainability Representative

Megan Thomas
Sports Captain

Ava Sharp
Sports Representative

Tamara Fletcher
Charity Representative

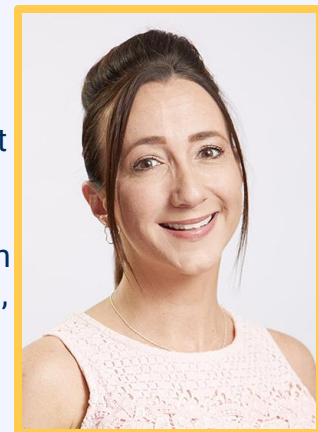
Dmitrij Celuiko
Diversity Captain

The Eagle - Newsletter



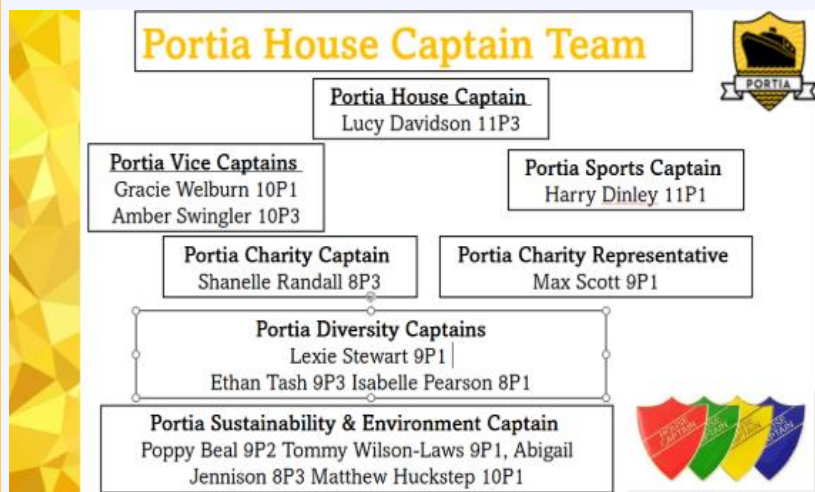
Portia House Updates

As we look forward to the academic year ahead, we should also reflect on the successes of the previous year and have a sense of pride in knowing how awesome our students in Portia house are. Their hard work, determination, and incredible resilience, especially through tough times, has truly stood out. They've shown what it means to keep going, grow, and succeed no matter the obstacles. This spirit is what makes Portia House so special, and we can't wait to see all the amazing things they'll accomplish in the year ahead!



Miss E Foster
Head of House

For this academic year, I am pleased to announce Our team below. We will be meeting regularly to plan all our events and share ideas on how we can develop House activities, competitions and enhance the sense of community that grows stronger each term.



At the end of last term, we held our annual Charity Day – 'Capture the Classics' where all year groups played an interform game of Capture the Flag and obstacle course races where they could win points and become overall Challenge Cup winners. Congratulations to 10P2 (formally 9P2) for winning with an overwhelming 535 points!

We also raised £938.58 for our previous charity Downright Special achieving a grand total of £2245.55 in the two years we have supported them. Thank you for all donations and student participation in the

charity events during this time - it is a testament to the kindness and selflessness demonstrated by the Portia House community which everyone should be immensely proud of.

We are proud to announce that for the next two years our house charity is Emmaus Hull and East Riding who are a vital source of support for our homeless community. We look forward to raising money for them in our future events and to work closely with them during seasonal projects and outreach programmes.



Emmaus Hull & East Riding -
Homelessness Charity

Tweet us @Emmaus_Hull
Follow us on Facebook - Emmaus Hull
Instagram - Emmaus Hu

The Eagle - Newsletter



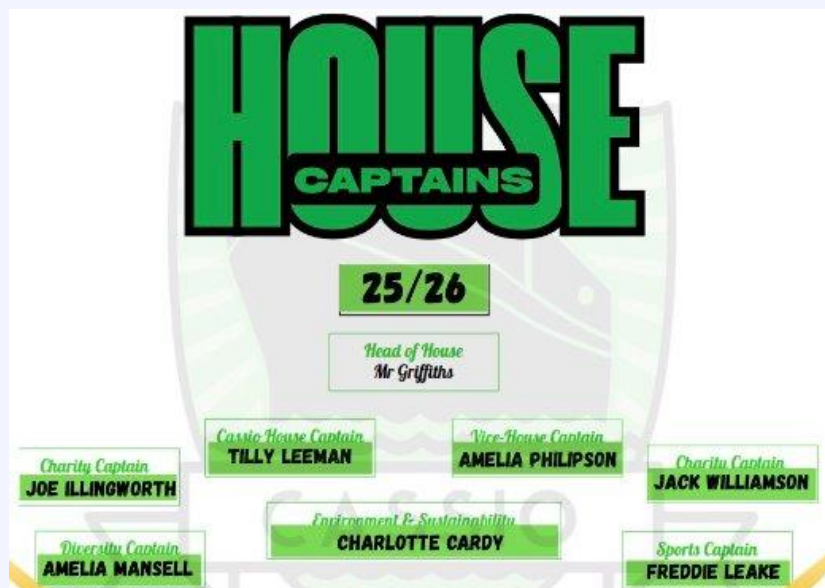
Cassio House Updates



Mr E Griffiths
Head of House

As we begin a new academic year, it's the perfect time to reflect on the pride and achievements that made last year such a success. Cassio House shone brightly, not only through our fantastic win in the House Cup but also with our determination and teamwork that carried us to triumph in the Sports Cup. These victories were a testament to the energy, commitment, and spirit of every single student. Now, as we step into this new academic year, we will carry that momentum forward. Together, we can continue to show what makes Cassio House so special: teamwork, resilience, and a determination to always do our best.

We are delighted to introduce our new House Captains for this year. They will be playing a key role within the **Student Council**, working hard to represent the voices of their peers and help shape life at Hessle High. As role models, they embody the values of Cassio House—leadership, responsibility, and pride—and we know they will inspire all students to aim high and get involved.



Cassio are proud to have raised **£1,147.29** for Roux's Army - our previous house charity, which made a real difference to Roux's ongoing care and quality of life. We hope that by giving back, it reminds us of the importance of supporting others and the positive impact we can have as a community. Portia are proud to announce our new charity partner for the next two years: **CRY (Cardiac Risk in the Young)**. Our ambitious goal is to raise **£7,000**—enough to fund a heart screening day at Hessle High, with the potential to save lives within our own school community.



The Eagle - Newsletter

Ariel House Updates

Over the past two years, our Ariel House community raised an incredible **£2,181.69** in support of our previous charity **Humber Rescue**. This amazing total will help the volunteer-run lifesaving charity continue to provide vital emergency response on our waterways. Thank you to everyone who supported our charity and donated.



Miss A Deveney
Head of House

YOUNG Mi MINDS

As we look ahead, Ariel House are proud to announce our new chosen charity: **YoungMinds**, the UK's leading mental health charity for children and young people. With your support, the money we raise will go towards vital projects that:

- Provide support and advice for young people experiencing mental health challenges.
- Train parents, carers, and teachers to help those in need.
- Campaign for better mental health services nationwide.

Together, we can help give more young people the tools they need to thrive.

I am so proud of how well Ariel students have begun this first half term. The enthusiasm for learning, resilience, and kindness has been brilliant to see. Keep up the great effort, and don't forget—**every house point counts!**

There's so much to look forward to this year, including:

- Exciting **prize raffles**
- The festive **Christmas Fayre**
- **Charity Day 2026**
- Plus, many more activities, competitions, and community events

With your continued energy and commitment, we know Ariel House will make this year our best one yet.

Keep shining, Ariel! Together we achieve more.

House Points



280



150



150



80

Extra-Curricular Clubs

Extra Curricular Activities 2025-2026

Club	Year Groups	Day of the Week	Location
Separates Biology	Year 11	Friday after School	G07
Dudgeon's and Dragons	Year 7 - Sixth Form	Friday after School	G16
Production Rehearsals	Year 7 - Sixth Form	Tuesday & Wednesday after School	Main Hall
SEND HW Club	Foundation Learning Groups Only	Tuesday, Wednesday & Thursday after School	Library
Choir	Year 7, 8 & 11	Monday Lunch	F26
Choir	Year 9 & 10	Wednesday Lunch	F26
Coursework Intervention	Year 10 & 11	Tuesday after School	F26
Band Rehearsals	Production Year 7 - Sixth Form	Thursday after School	F25/F26

Sporting Extra Curricular Activities 2025-2026

Club	Year Groups	Day of the Week	Location
GCSE Handball	Years 10 & 11 GCSE	Monday after School (Week A)	Sports Hall
Badminton & Short Tennis	Year 7,8,9,10 & 11	Monday after School (Week B)	Sports Hall
Netball	Year 7,8,9,10 & 11	Thursday after School	Sports Hall
Boys Football	Year 7,8,9,10 & 11	Thursday after School	Field
Tigers Trust Girls Football	Year 7,8,9,10 & 11	Thursday after School	Field
Rugby League	Year 7,8,9,10 & 11	Monday after School	Field

The Eagle - Newsletter

Sporting Events

Past Fixtures

Our Year 7, 8, and 9 boys' football teams faced a tough first-round match away at Drifffield School in the East Riding Cup. Despite a strong effort and determination, they were defeated but showed great resilience throughout the game.

Upcoming Fixtures

Cross Country Championships – Away @ Cottingham High School
Tuesday 21 October 2025

Year 7 and 8 Girls Tigers Trust Inclusive Football Tournament
Friday 14 November 2025



13 Girls National Cup – Win 3 – 2
against Kingswood Academy
Goals by C. Ashley (3)

MATCH RESULTS		
East Riding Cup		
Year 7	2 <i>VS</i> 5	Drifffield High School
Year 8	0 <i>VS</i> 3	Drifffield High School
Year 9	1 <i>VS</i> 2	Drifffield High School
Year 10	5 <i>VS</i> 0	Drifffield High School
National Cup		
U15 Girls	4 <i>VS</i> 0	Drifffield High School

The Eagle - Newsletter

Events



EXCELLENT TRAVEL PLAN 2025

Congratulations to our students!!
Achieving Excellent level with
[TeamModeshift](#)
We are so proud of all your
continued hard work.

Here are a few exciting Year 8 trips we offer, we will update throughout the year with further information:

- Dalby Forest river study
- Yorkshire Sculpture Park
- Yorkshire Wildlife Park
- Sporting Events e.g. Football matches
- Hull Museums and Theatres

HOUSE CHARITY DAYS

Tuesday 17 March
2026



Thursday 30 April
2026



Tuesday 12 May
2026



Wednesday 3 June
2026



HOUSE CHARITY CHRISTMAS *Fayre*

Wednesday 10 December 2025

Held in the Hall

Lunchtime and After School



The Eagle - Newsletter

Summer Round Up

Hessle High School Sports Fest 2025

Last year's Sports Fest looked a little different, with the traditional trip to Costello Stadium not possible due to its closure for track re-surfacing. Instead, the action came closer to home, with the entire event taking place across the school site.

The day was filled with house spirit, competition, and plenty of energy as students battled it out in a wide range of activities. Tug of war, football, rounders, bench ball, 100m sprints, and relays kept everyone on their toes and gave every student the chance to get involved and represent their house with pride.

The atmosphere was electric, with Mr DJ Shepherd stepping in as DJ for the day and providing a brilliant soundtrack to keep spirits high and celebrations flowing.

After a full day of competition, it was **House Cassio** who came out on top as the overall winners of Sports Fest 2025.

It was a fantastic day enjoyed by students, staff, and supporters alike—one filled with teamwork, determination, and lots of smiles.



Information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

SNAP STREAK

97

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2025

The Eagle - Newsletter

Key Dates and Notices

School Closes for Half Term

Thursday 23 October 2025

School Reopens

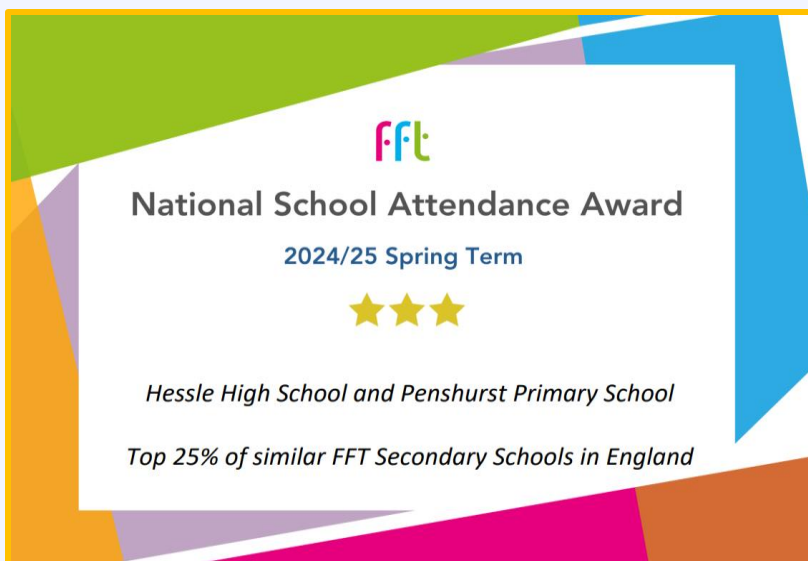
Monday 3 November 2025

End of Term

Friday 19 December 2025

If you want to see more of your child online/in our newsletters, please make sure you consent on the Arbor parent portal. To learn more click [here](#).

Please click [here](#) to see all of our term dates



Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. Please update these via the Arbor Parent Portal. Please contact us via office@hessleacademy.com if you have any issues with accessing your account.