

WEEK 2 - Friday 16 September 2022

Hello and welcome to the Year 8 Blog.

After what seems to have been an age, it is great to finally have the students back at school. I certainly enjoyed the opportunity to spend the summer with my family and friends and I hope you managed to enjoy the glorious weather too.

However, as the saying goes “All good things must come to an end” and we already reach the end of the second week back. I have been incredibly pleased at how the Year 8 students have settled back into the school environment and we have witnessed the young people ready and focussed on their learning.

Over the past week we have all experienced a variety of emotions with the passing of HM Queen Elizabeth II and it is worth remembering that myself and Mrs Lacey, as well as the Year 8 tutors are available every morning on the Year 8 Plaza to help and support the students.

Over the next four years we will work with the young people and it is crucial that we continue to build this trust and feeling of support. I know the Tutors are very much looking forward to working with your children and can not believe just how fast these first two weeks have passed.

During the assembly this week I spoke about the importance of ‘Routines’, ‘Being Ready’, and ‘Being prepared’. I have been very impressed with how well the students have returned and are following the school uniform policy and hope to see this continue.

Attendance is a key priority and must stress the importance of attending school, having the correct equipment and being in the right mindset to learn.

Communication is crucial, and as we move through Year 8, I believe that by maintaining communication we will be able to best help the young people. If you have any questions or concerns please do not hesitate to contact me via the school number or the following email: hoyyear8@hessleacademy.com

Once again I look forward to getting to know you and your children.

Take care

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 4 - Friday 30 September 2022

Hello and welcome to the Year 8 Blog.

This week, year 8 have had the opportunity to have their first insight into CEIAG (Careers, Education, Information, Advice and Guidance) within a secondary school setting. Throughout their Tutor sessions students have started to focus on raising their aspirations, learning about the essential skills that are needed for employment and what pathways may be available to them when they have finished school and are looking to make their next steps into post-sixteen options.

The school Careers Leader, Miss Lawes, delivered a virtual assembly for all year groups which covered a lot of key information which will be re-visited as your child progresses through the school. Feedback from the Tutors was very positive with each Tutor Group asking some very worthwhile questions and some students already considering what and where they would like to go in the future.

For more information on the careers programme please click on the link below.

NEW Careers Programme 2022/2023 (thehessleacademy.co.uk)

Communication is crucial, and as we move through Year 8, I believe that by maintaining communication we will be able to best help the young people. If you have any questions or concerns, please do not hesitate to contact me via the school number or the following email: hoyyear8@hessleacademy.com

Regards

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 8 - Friday 4 November 2022

Hello and welcome to the Year 8 Blog.

Within the Year 8 assembly this week I discussed the 'Hessle Values' and reminded the students what they mean and what they represent to us as a school.

We have six key values that underpin our expectations and the ethos of Hessle High School. They are fundamental in moulding and shaping the students we have in our school developing key values that will stay with them for the rest of their life.

Our Hessle Values are:

Respect:

We respect ourselves; each other; and our diverse community and environment

Resilience:

We are determined, we do not give up when things get tough. We persevere.

Aspiration:

We aim high; we have ambitious expectations of ourselves and others. We believe that we can make a difference to our local community.

Responsibility:

We take responsibility for

Integrity:

We do the right thing. We are honest with each other and ourselves. We are comfortable in ourselves and proud of our values.

Kindness:

We treat each other with kindness, courtesy and have good manners.

As we continue to move through the year, I would like to revisit the importance of punctuality and attendance which are so closely linked to a number of our values. There have been several occasions when students are late to school as well as late to lessons and it is important that they recognise the damaging effect that this can have on their studies and learning. These students have been spoken to and phone calls home will be taking place to the parents and carers of these repeat offenders.

I hope that by working together we will continue to encourage and lead the young people into achieving their full potential.

If you have any questions or queries please contact me.

Regards

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

hoyyear8@hessleacademy.com

WEEK 10 - Friday 18 November 2022

Hello and welcome to the Year 8 Blog.

This week during the Year Group assembly and Tutor time we have been focussing on Anti-Bullying week 2022. This is an important topic, and one which Hessle High School takes incredibly seriously. Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. Encouraging the young people to reach out, is when we can help affect change.

It is important to recognise that it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reaching out to someone you trust if you need to talk, reach out to someone if you know they're being bullied.

It takes courage, but it can change lives. Anti-bullying week encourages schools and communities to come together and reach out to stop bullying.

What is bullying?

'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face or online.

Types of bullying:

Physical: Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.

Verbal: Includes name calling, threatening, teasing, saying nasty or rude things to someone.

Psychological: Includes spreading lies about someone, playing nasty jokes or excluding people.

Online: Includes hurtful comments, messages, posts, excluding on purpose, spreading nasty gossip and imitating others online.

If there is anything you would like to discuss or if you have any concerns, please contact me
hoyyear8@hessleacademy.com

Thank you

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 12 - Friday 2 December 2022

Hello and welcome to the Year 8 Blog.

With only 23 days left until Christmas and many families within our local community are getting ready to celebrate the festivities with their families and of course with the giving and receiving of presents.

However, for many people this time of year brings added pressure and increased financial worries. Last night I was sent an incredibly moving and emotional short Christmas film made by a small business and I was moved at how touching and true to life it was.

Each year the Yorkshire video company sets out to create an 'alternate John Lewis' advert with this clip following a grieving father who is dealing with Christmas alone with his young son and struggling with the pressures of the cost of bills and the festive period. The film centres around the message that "Christmas is made and not bought".

If you would like to watch the short video please follow the link below:

Alternative John Lewis Advert | The GoKart | Sam Teale Productions Official 2022 Christmas Advert - YouTube

Each year our students decorate the school Christmas tree with handwritten messages to their loved ones, friends and often deceased family members who they miss at this time of year. We have also challenged the students of Year 8 to 'Pay it forward', the simple idea to do something nice for someone. Often it is the smallest of gestures that goes the furthest.

So, what can they do?

Spend time with a family member

Donate to a local food bank

Speak to someone they would not normally speak to

Offer to help or complete household chores

Donate an old toy or book

Pay someone a compliment

Offer thanks to those that help and support the local community (Police, waste disposal

Be kind

If you would like anymore information on the 'Pay it forward' scheme please do not hesitate to contact the Year 8 Team.

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 14 - Friday 16 December 2022

And, just like that it was Christmas!

For the first time, in what feels like an age it feels like Christmas. Perhaps the recent wintery weather or Mrs Lacey breaking out into Mariah Carey's All I want for Christmas has played a part.

Unfortunately, however, I still have presents to source for my family as well as my least favourite part of Christmas...The wrapping.

This week I have had the pleasure of presenting the KS3 Awards Seminar to my Year Group which highlighted the incredible hard work and dedication so many of the Year Group have shown to their studies. As well as the KS3 Awards, the students have also participated in the annual House Awards Seminars, which again saw many Year 8 students receiving awards.

Mrs Lacey and I have been incredibly proud of the students' positive attitudes this term and hope that the students continue to develop their independence, resilience and respect during the remaining months of Year 8.

I would like to send you all the very best wishes from myself and Mrs Lacey. Have a wonderful Christmas and New Year, and we will see you all again in the New Year.

Remember, at Christmas it is not what is under the tree, it is who is gathered around it.

Merry Christmas

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 16 - Friday 13 January 2023

The importance of kindness

"If everyone did one random act of kindness each day, we might just change the world" BulliesOut, UK anti-bullying charity.

This week the focus of my Year 8 Assembly is 'Kindness' and reflecting on the importance of kindness, not only towards others but also on ourselves. Hopefully by the end of the assembly recognising that even the smallest amount of kindness can go a long way!

My son received a brilliant book this Christmas called The Boy, the Mole, the Fox and the Horse and within its pages are some of the most wonderful quotes about life and particularly 'kindness'. Two of which stood out the most. "Nothing beats kindness," said the horse. It sits quietly beyond all things and "The funny thing is" said the Mole... "The tiniest act of kindness can save a life".

Watching the daily news or reading the papers it is very easy to become downhearted and feel overwhelmed by the levels of negativity and unhappiness across the globe, and now more than ever it seems appropriate that we take every opportunity possible to make another person smile.

A simple act of kindness can have such an effect.

And the best bit...Being kind is for everyone! That feeling you get when you see the impact of kindness can improve your whole day and hopefully inspire others to 'pay it forward' and do the same for others.

So, what are random acts of kindness?

Listed below are a handful of examples of acts of kindness that could make a difference to someone:

Pay someone a compliment

Smile at someone

Send a message to a friend you know is struggling

Do something nice for someone you may not know very well (hold a door open, get in touch, ask how they are)

Help someone with their work/revision

Tell someone who you admire, why you admire them

Thank someone

Whilst being kind to others is important, so is remembering to be kind to yourself as well. With social media playing such a large part in our lives understanding what self-kindness means is imperative. Don't judge yourself harshly, don't hold yourself to impossibly high standards and stop comparing yourself to others for making a mistake, or not being good enough.

Being kind is not just something we can do in the 'real' world, it also relates to our online behaviour too. Explaining the importance of thinking before they type and not involving themselves in potentially long lasting and hugely damaging online negativity.

So, be kind, being kind really does matter.

If you are concerned and would like to speak to me, please do not hesitate to contact me:
hoyyear8@hessleacademy.com

Take care and stay safe.

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 18 - Friday 27 January 2023

Hello and welcome to the Year 8 Blog.

This week's assembly was delivered by our Head of History, Mrs Bartlett, who delivered a powerful and thought-provoking assembly based on the International Holocaust Memorial Day. The students listened and watched clips from the survivors of the Holocaust who gave their individual accounts of their experiences. The remaining Tutor sessions this week were dedicated to looking in greater detail at the many genocides that have happened over the years and sadly continue to this day.

As you will all be aware, the extra-curricular offering at Hessle High school is fantastic. Clubs and activities are promoted through the school website, through our social media platforms and communicated to parents via email. I am really excited to inform you that our extra-curricular offering continues to grow. We now have more than 30 different opportunities for students to participate in at the end of the normal school day. Over 400 students across all year groups attended a club in the last week. These include numerous sporting clubs to dungeons and dragons club, to arts and performing arts clubs, music and choir clubs to name just a few.

As a year leader I visit as many clubs as I can to share these amazing experiences with our students and the adults who give up their time to support our students. Please continue to encourage your children to get involved in as many activities as possible. If we can support, you in any way to make it possible for your children to access the extra-curricular activities please contact us via the head of year email.

Regards

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 22 - Friday 3 March 2023

It has been a very busy week for the Year 8s, who started the week with an assembly to launch World Book Week 2023. During the assembly I introduced the Year Group to a book I am currently reading called the 'Art of Resilience' by Ross Edgley.

Ross Edgley is a leading expert in mental fortitude, physical resilience and work capacity. Within this book Ross studies the performance of extreme athletes, military and fitness specialists and psychologists to uncover the secrets of mental fitness and explores the concepts of resilience, persistence, valour and a disciplined mind-set.

After asking the Year Group if they had ever heard of Ross Edgley, I was surprised to see that he was unknown to both students and staff within the room. I shared with the Year group a 'shortened' list of his most impressive achievements.

- 1) First person to swim all the way around Great Britain. 1,780 miles in 157 days without touching land – half a million calories burned and over two million swim strokes! (He did sleep on a boat)
- 2) Climbed the height of Mount Everest on a rope
- 3) Completed a triathlon in the Caribbean pulling and carrying a 45kg tree (swim 1.5km, bike 40km, run 10km)
- 4) Ran 1000 miles barefoot while carrying a 50kg backpack
- 5) Completed a marathon (26 miles) while pulling a 1000kg car
- 6) Set the World Record for the longest ever open water swim in Loch Ness – 52 hours and 39 minutes without touching land or a boat (He had targeted over 70+ hours but had to stop through injury!)

He and his book represent a shift in what we thought the human body and mind were capable of and the message from me is very much 'Believe in yourselves', their body and mind is the greatest asset they will ever own, and they should not waste their opportunities, push themselves to be the best they can and most importantly believe in themselves.

This week also saw the second half of the year group take part in the Year 8 Progress Evening and it was great to see so many parents taking part in the face-to-face consultations with staff.

If you have any questions or queries and would like to speak to a member of the Year Team, please do not hesitate to contact me.

Thank you

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 28 - Friday 28 April 2023

Hello and welcome to this week's Year 8 Blog.

I hope you had an enjoyable and relaxing Easter Holiday and managed to make the most out of the improved weather.

With the improvement in the weather, we have finally managed to reopen the school field, much to the pleasure and enjoyment of all students. It was great to see the students being able to make use of the field, playing football and relaxing with their friends.

This week saw the students of Year 8 taking part in an Ambition Day, which is designed on helping the young people raise their aspirations, by showing the students a small sample of the wonderful opportunities within the local area.

This is a fantastic opportunity to reintroduce the Careers Education Information Advice and Guidance programme to the students of Year 8 which will continue to develop as the young people progress through the school.

Some of the guests included:

HETA, Connexin, Labour Market Information, Hull University, Tigers Trust, Paramedics, East Riding Archaeology Department, Humberside Police Force, BCD Travel, PBS Construction, Civil Engineering, Sports and Fitness, East Riding County Council and Camps International.

I am sure you will agree a wide and varied collection of guests who will be able to provide a valuable insight into the world of employment.

Next week the students will be sent a virtual assembly on Tuesday, delivered by Mr Jarman, Assistant Headteacher (Sixth Form) which will have a focus on Careers and the Hessle Sixth Form.

If you have any questions or queries and would like to speak to a member of the Year Team, please do not hesitate to contact me. hoy8@hessleacademy.com

Thank you

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 30 - Friday 12 May 2023

Hello and welcome to this week's Year 8 Blog.

This week we welcomed Mr Jarman into our Tuesday Assembly who delivered an engaging presentation on the importance of education, making the most out of the opportunities presented to you and future aspirations. This comes after a focus on our school values and the futures of our students during Tutor Time. One of the many opportunities we offer students is the Duke of Edinburgh Award, starting in Year 9 and as we move ever closer to the end of Year 8, we continue to encourage the young people to talk about their initial ideas of pathways and careers.

As you will know, every career journey is different, and it is said that on average you will have at least twelve career moves throughout your lifetime. Having the ability to adapt and change is crucial, however it is also most important that the young people have the grades behind them to allow these moves to take place.

Respect, Kindness and Resilience are values that we are encouraging students to promote daily, reminding them that 'Manners do not cost anything', 'One kind act leads to another' and 'Courage is having that try again attitude'.

I hope over the coming weeks you manage to discuss 'your' career pathway and explore the current thoughts and feelings of your child/children and help underpin the importance of education.

Have a great weekend.

Thank you

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 32 - Friday 26 May 2023

Hello and welcome to this week's Year 8 Blog.

Without wanting to tempt fate, I have it on good authority the weather is set to be glorious this May Half Term! Fingers crossed that this is true, and we all manage to spend quality time with our friends and families.

I am pleased to report that we have seen a noticeable improvement in the maturity of many members of the Year Group as we move ever closer to the end of Year 8. With the continued good weather, the school field remains open, and it is always great to see so many students enjoying their time with friends during breaktime and lunchtime.

With the end of Year growing ever closer, I ask that you speak to your child/children about the importance of the next academic year. Starting Year 9 is their next challenge, but first we must see out the remaining weeks of Year 8, finishing on a high and in the best possible position.

Recently, the teaching staff of Year 8 have been asked to put forward their nominations for the students they believe have shown the best attitude to learning, those who are constantly demonstrating our school values and representing both themselves and the school in the best possible way. With a celebration event planned for next term to showcase their successes.

I hope you all have a restful and enjoyable May Half Term break.

Thank you

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8

WEEK 36 - Friday 30 June 2023

Hello and welcome to this week's Year 8 Blog.

This week we welcomed a representative from the Breck Foundation to discuss online grooming, exploitation and digital abuse. Sadly, all these topics are on the rise and statistics show that in 2022 99% of children in the UK went online with 63,050 reports of child abuse imagery. One third of children have put themselves in danger by playing online regularly with strangers, in unregulated online spaces and there has been an 84% increase in online grooming crimes in the last four years.

Every year the Breck Foundation reach out to thousands of children with Breck's story. The organisation was founded in 2014 in response to the tragic loss of Breck Bednar, a 14-year-old boy who was groomed and murdered by someone he met online. Their work aims to prevent this from happening again.

Since 2014 the Foundation has reached over 14,000 teachers and professionals, 150,000 children and young people and 16,000 parents.

We are witnessing a meteoric rise in children and young people having online engagement and digital interactions. With that comes an increase in online safety concerns. I am sure you will join me in echoing these concerns to the young people and encourage their safe use of the internet and online platforms.

If you would like to look at the Breck Foundation in more detail their website is a great source of information and support:

www.breckfoundation.org

If you have any questions or concerns, please do not hesitate to contact the Year 8 Team.

Mr Julian

Head of Year 8

Mrs Lacey

Assistant Head of Year 8