

WEEK 38 - Friday 15 July 2022

Hello to all our year 10 students and their families,

As I start to write this I am finding it difficult to believe that this is the final year 10 blog of the year and that the year has passed with not quite so much Covid disruption.

Although I began my pastoral career as Head of Ariel House, I have spent the past four years with the current year 10 group in one guise or another and, my, how they have grown up! They have faced unimaginable challenges, as we all have, whilst continually developing as individuals and becoming responsible and resilient young people. Now as I review the year, both Mrs Green and I are increasingly proud to lead them and support them through the labyrinth of life for a teenager.

As students returned last September they were thrust into their GCSE studies and their individual needs soon became evident to us. Over the past 10 months we have supported students with ourselves, staff in school and a number of external providers. The students' abilities to accept and access this support shows high levels of self respect and integrity. We have had external sessions from The Humber Outreach Programme, Moj Taylor from PUSH, The Scholars Project, Brilliant Tutoring, Mindspace, along with services linked to school such as MIND, Youth Family Services, CWW, CWP, and PET: Emotional well-being and Anger Management. At this stage, students have understood their needs, our hope to support, and together we have reached the end of Year 10 on a high note.

As you now know we have had to cancel this year's Sports Day because of the high temperatures that are forecast. Please refer to the letter sent by Mr Groak earlier today with further information on our plans for next week.

In lessons we will continue learning and mastering the knowledge that has been developed this year. The days of playing games and watching films in the final week of term are well and truly in the past; nevertheless, there will be time for proper celebration of the year past and we will end with a tutor period on Friday afternoon in which tutors and tutees can enjoy an end of term party. Until then, please remind your child that we are still maintaining our high standards and expectations and that we want to end with all of us smiling and feeling proud of the year.

As I look forward to the final week of term I wanted to thank you for attending our pre-year 11 event last week and, for those unable to attend, I hope you received the presentation which we emailed out. I will be sharing the 'Hitting the ground Sprinting-Autumn term' calendar with students, who will each have a copy to bring home for reference.

Mrs Green and I would like to say a huge well done to our students, an enormous 'Thank You!' to you for the support, and we cannot wait to come back in September, having had a restful break, and help students reach their potential - together we can achieve great outcomes.

Lastly, if you need us please feel free to message us hoyyear10@hessleacademey.com

Whether at home or away, have a fabulous summer.

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 36 - Friday 1 July 2022

Hello to all our year 10 students and their families,

With the sweet scent of summer in the air; the bees gracefully floating across our swathes of lavender; and the increase in sunglasses on faces it is easy to see how we are almost at the end of the year. However, this doesn't mean we have slid off our flip flops and began to relax. Exactly the opposite is true, we are all busy and making the most of the time we have left before the summer holidays.

This week has been the first careers week for year 10 and the buzz and excitement has echoed around the hall, classrooms, and school field. The aim of the week is to help our students improve knowledge about their post-16 options including: Our sixth form, various colleges in the local area, apprenticeships and much more. Students have also become more aware of what job roles are out there and how their interests could relate to certain vocations. The week started with an hour long motivational talk by Moj from PUSH; his tales of life, linked with his comedy made lots of students, and staff, chuckle at his tales - with many students liking the sound of jobs such as snake milker and odour tester to name but a few.

On Tuesday, all students took part in our Enterprise day. They worked in small groups and had to design a subscription box to pitch to our Dragons in the final. Their collaboration, creativity and aspiration to make it to the finals was joyful to see and the day ran fabulously. The winners were:

First place: Tame the Fame (Grayson, Klay, Laura & Olivia)

Second place - The Seasons Box (Ellie, Katie, Frankie, Caitlin)

Third place: Recon Reads (Joseph, Mark, Elijah, Olivia)

The judges panel included Mr Groak Headteacher, Mrs Smith Head of Business and ICT and Lucy Gray (from the Hull and East Yorkshire Careers Hub).

Alongside this, students have had sessions tailored to their current career thoughts, with focused talks given from people such as the Police, a teacher training provider, the Armed Forces and a few more. They have also all been involved in CV writing workshops and logging on to the Log on Move on system.

A huge thank you goes to Mrs Edwards and Miss Lawes for their commitment and dedication to creating these events, the staff that have supervised or facilitated sessions, and to the students who have approached the week with excellent aspiration, integrity, and commitment to the week.

Whilst students have busied themselves with these events, I have been working hard to map out a year 11 journey to share with students. This is in the developing stages, but will give students, parents/ carers, and staff a good idea of how each month in year 11 will look. As the pressure builds for students we will be holding sessions, run by the charity MIND, to help with their mental health and wellbeing, The Humber Outreach team will help students with how to revise and manage stress, alongside the many other things that we run in house. I am

very aware of the pressure our students will feel when they return next year and want to ensure we are doing all we can to support them.

In preparation for next year, you should have hopefully received an invitation to attend our Year 10 Parents Information Evening on Thursday 7 July at 4:30pm. The information will discuss expectations for our students as they approach their final year. Hopefully you are able to join us.

Lastly, as I am sure you are used to reading now, if there is anything that Mrs Green and I can do to help or support your child please contact us hoyyear10@hessleacademy.com

Take care and stay safe.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 34 - Friday 17 June 2022

Hello to all our year 10 students and families,

For our students who are still in Year 10 we are now thinking of them as pre-Year 11. It is a very strange thought when we consider that, in a year's time, their GCSEs will be almost over and we will be getting ready for the prom and a summer celebration when exam results land with us. Then reality hits and we feel blessed that we still have a year to work with our students and set them up for success. With these thoughts, both myself and Mr Groak have discussed what we hope to see in the coming year, with the following priorities:

- Positive attitude in all lessons
- Attendance of 96% and over
- Plans in place for the future
- Improving life skills - helping them to prepare for their future
- Consideration of what they are doing to make themselves stand out for the future.

I reminded them in last week's assembly that we need to have: respect, be responsible, and show resilience. Alongside this the time has come for behaviour problems to fade away as we strive for success. We outlined their pursuit for happiness:

- There will be some moments of joy
- There will be some moments of happiness
- There will be some hard times
- There will be sad times
- They must show resilience and determination

And finally left them considering three questions:

1. What is your individual goal this year?
2. Who do they want to become?
3. How are they going to achieve that?

In the past week we have seen some of these ideas being brought to life with further improvements in student behaviour and attitude to learning.

This week, in tutor sessions, we have been looking at one of our school values, 'Integrity'.

What does it really mean to have integrity?

The Random House Dictionary defines integrity as:

Adherence to moral and ethical principles; soundness of moral character; honesty. The state of being whole, entire or undiminished. A sound, unimpaired or perfect condition.

In our assembly, Mr Jarman talked about the Post Office Scandal and how even companies can lack basic integrity and why it is important that we strive to be better than that. It was a great assembly that left students talking about how people are treated and how they kept their pride and stuck to their morals. For students, I would like them to keep this thought in mind when thinking about 'integrity', Brene Brown said, '*Integrity is choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them.*'

Over the coming two weeks students in year 10 will be sitting their end of year tests. Many of these will happen in lessons, however some will take place in the Sports Hall and this will give them their first real experience of how things will look next year. Subjects have shared resources, placed revision on Google Classroom, and identified useful apps on which students can revise and prepare. Mrs Green and I wish them the best of luck and know that each of them has the capacity to be fabulous.

In the final week of the month, year 10 will also be taking part in their first careers week. Miss Lawes has been tirelessly putting together sessions, activities and presentations for the students to start thinking more about their future aspirations and the routes that they may need to take post 16. More will be shared with students towards the end of next week.

If there is anything you require our support with, please don't hesitate to contact us.

hoyyear10@hessleacademy.com

Stay safe and take care,

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 32 - Friday 27 May 2022

Hello to all our year 10 students and their families.

Considering summer is approaching, and a heatwave keeps teasing in news updates, the constant warm weather is yet to land and my Doc Marten boots are still keeping my feet warm and dry. However, the students are enjoying being outside at break and lunch. The fresh air is incredibly beneficial for many reasons and seeing students relaxing on the field brings back memories of my years at Hessle High.

As we approach the end of Year 10 I have reflected more on what it was like for me back in the 90s and how I managed the impending pressure of completing coursework, revising texts, and using my time wisely. I then started to think about how it is different for a teenager in 2022 - I'm not sure my experience is remotely comparable to theirs; however, Mrs Green and I are constantly looking for new ideas, encouraging independence, and having the confidence to ask for help.

To ensure we are listening to students we have a strong presence at the start of the day and at breaks and lunch. As the year has passed we are unbelievably proud of how students are stepping forward and discussing their future with us. The focus, motivation, and aspiration is ever increasing. Students are confident in speaking up and this week saw students ask for something different in their assembly.

We talk about exams, results, and pathways for careers often, but were posed with the question of 'What do you do with money?' When I asked exactly what they meant I was told that getting a job equals being paid, but how do you manage what you get and what does money go on? With this in mind I created an assembly, delivered in a tutor base due to the GCSE pre-exam sessions, that explored how to manage money when you start working. The feedback from students and tutors was very positive and conversations were heard as people spoke about how they will manage money in order to have the things they'd like in the future. I hope it resonates with them and their financial start in life will be prosperous. I am now planning a future session that shows how and where wages go in later stages of life.

The reality of the future is one step closer, as after the half term I will be addressing the year group as Year 11. As a team we are ready to embrace the next 12 months with your child/children. The end of June will see students sitting their end of year exams, which will allow us as their teachers and them to see how they are developing and retaining knowledge in their subjects. It is imperative that students treat these exams with commitment and maturity to ensure we see where they are academically. Furthermore, it will allow us to give the highest levels of support next year and offer intervention and focused revision sessions to meet their needs.

I hope you all have a lovely half term and hopefully benefit from time together over the Jubilee bank holiday. Hopefully a relaxing break will allow students to return after the break and head towards the summer with energy, vigour, and determination to end year 10 on a high note.

Take care and stay safe.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 30 - Friday 13 May 2022

Hello to all our year 10 students and their families,

It has been a busy couple of weeks for many different reasons.

Last week, eight of our students graduated from a programme run by The Brilliant Scholars Club. They had spent 10 weeks, working with a PHD tutor from Hull University, studying the sustainability of Offshore Wind Farms. The group learned about how wind farms only have a shelf life of around 30 years and then need to be removed and relocated elsewhere - this is to ensure the ocean bed can recover and regenerate; seeing the map that revealed the plan along the East Coast in the future was eye opening for us all and wonderful to see the work being conducted to create a sustainable and environmental future for generations to come. Congratulations to the students involved, five of whom received university grades for their essays.

As one programme ended we also launched the HOP programme, run by the Humber Outreach Project at Hull University. Twelve students and their parents were invited in for the launch event and enjoyed hearing about the programme, completing a quiz (parents v children) and eating pizza. The programme will work on building resilience, understanding workloads, and time management.

In the background we also have programmes running for students with Mindspace, Mind, Brilliant Tutoring, Anger Management, Emotional Wellbeing, Counselling and The Duke of Edinburgh Award. Over half the students in the year group are accessing additional programmes, with other things to come in the future. If you think your child could benefit from something more please let us know and we will see where we can signpost them.

In the day to day world of Year 10, we have been working to help students build resilience. A number of peer issues have arisen within the year group and we are working tirelessly to resolve them. Some students are struggling and feeling unliked or that they 'don't fit in' which makes us feel sad and determined to help. As a child I often heard my parents tell me, 'Sticks and stones may hurt your bones, but words can never hurt you.'; whilst I did alright thinking this, the world in which we now find ourselves is very different and therefore I often refer to one of my favourite poems. Recently I overheard a student say, 'Don't worry, you're not their cup of tea'. which made me feel proud that resilience is building. If you wonder what the poem is, here it is:

You Are Not Everyone's Cup Of Tea :

The world is filled with people who, no matter what you do,

no matter what you try, will simply not like you.

But the world is also filled with those who will love you fiercely.

The ones who love you - they are Your People.

Don't waste your finite time and heart trying to convince the people who aren't your people that you have value. They will miss it completely.

They won't buy what you are selling.

Don't try to convince them to walk your path with you because you will only waste your time and your emotional good health.

You are not for them and they are not for you.

You are not their cup of tea and they are not yours.

Politely wave them along and you move away as well.

Seek to share your path with those who recognise and appreciate your gifts, who you are.

Be who you are.

You are not everyone's cup of tea and that is OK.

Lastly, I would like to quickly remind you that we have high expectations with our uniform and will work to support anybody if there is a temporary issue. I would ask that you please send a note or email if your child has an issue with their uniform, thus allowing us to support them when they arrive at school.

Together we can work to support our students and I would therefore like to end with a reminder that we can be contacted on the school number or by emailing us at hoyyear10@hessleacademy.com

Take care and stay safe.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 28 - Friday 29 April 2022

Hello to all our year 10 students and families.

I hope you had an enjoyable Easter break and had a chance to relax as a family and make memories.

Over the Easter break I spent time musing about where we are as a year group. It was a strange feeling when I realised that our year group are now within the final year of their schooling; initially I panicked, then realised how lucky we are to be back in a more normal routine of schooling and have around 56 weeks until the year group will all sit their first 'full' year group exam.

In my assembly this week I chose to talk about how the next year can look for the students in year 10.

We started with the reality of where we are now and how over the next 56 weeks they will all, individually, be the makers of their own destiny. Myself, Mrs Green, tutors, SLT and the teaching staff will be working tirelessly beside them to ensure we support them in all areas of their schooling. I explained how asking for help is a strength, not a weakness, and our support will be stronger when they reach out and tell us specifically what they need.

Attendance was the next topic of my discussion. I asked students to raise their hands if between January and Easter they had been off for any reason; the number of hands highlighted how many students are missing crucial information and have gaps in knowledge, which can lead to them missing school because they feel lost in lessons. Again, I have emphasised the support available and said that a focus on building attendance is key to maximise every minute in the school.

I then broached who they need to think about whilst they are in school. They need to be selfish and place all their attention on themselves. It is a strange thing to ask students, when we work tirelessly to get them thinking about others, however they need to focus their attention on what they need to be doing and working towards- not involving themselves in problems of their friends; again, I reiterated that this is then what Mrs Green and I are here for.

In the coming weeks I will be thinking of the year group as Year 11 students and as a team we will work to instil, and embed, the need for: good sleep, organisation, prioritising workload, relaxing, and being prepared. These are all things that our collaboration with home can be developed for the young people in our care.

My hope is that, starting like this now, we will reach next summer feeling prepared and ready to take those final leaps with our students.

Anything we can do to help your child is our top priority. Please do not hesitate to call or email us if you wish us to support your child. hoyyear10@hessleacdamey.com

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 26 - Friday 1 April 2022

Hello to all our year 10 students and their families.

Last weekend we sprung forward into British Summer time; although losing an hour on Mothers' day wasn't appreciated, the beautiful weather that we had experienced last week and through the weekend filled me with joy, hope, and energy. My sleeping bag coat and Doc Martin boots were placed back in the wardrobe and my summer attire was encouraged out of hibernation... and then the weather decided to wreak havoc with our senses and it all seems like a distant dream. Hopefully the worst of the weather will be out of the way by the time we return after Easter and the joy of summer can fill the air.

With the warm rays of sun watching over the school grounds, we have been able to open the school field again. For all this isn't a huge loss of space when closed, the students' attitudes and energy change significantly when they can get out onto the field and relax playing their favourite tunes; games of football and rugby take place, and the appreciation of friends is clearly evident as they sit together laughing and enjoying fresh air. Having a longer lunchtime has advantages on a nice day, with students still venturing outside on the rainy days this week.

This led me to thinking how important being outside is to both our physical and mental health. It is surprising how fresh air, with or without sunshine (although sunshines is better) can help in the following ways:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- Help to improve sleep
- help you be more active

Additionally, it can:

- help you meet and get to know new people
- connect you to your local community

A lot of our students discuss going for walks, more than I would have previously imagined, and discuss that this became a habit during the lockdowns. Hopefully with the Easter break nearing students will make the most of the local area, or further afield, and get out and enjoy the world outside the window.

Why do I feel so passionately about promoting time outside to students? In the past two weeks, students in year 10 have seemed happier and less tense whilst being outside at break and lunch. This then brings a more positive attitude in the classroom; helps to create a calmer environment; and students work hard and respond to tasks with a more resilient outcome.

With optimism, I am hoping the weather next week and into the Easter break will be more settled and allow students and families to plan time together over Easter and enjoy wherever they choose to venture.

As always. Please remember we are here to support your child and either a phone call or email will allow us to help.

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 24 - Friday 18 March 2022

Hello to all our 10 students and their families,

Recently I have had numerous conversations with students about the importance of establishing good routines, for both time management and mental health and wellbeing. It seems that at present students are not always understanding how a good routine can bring positivity to each day.

Routines will shorten the amount of choices we have to make during the day. I constantly speak to year 10 students about choices. We have the opportunity to make good AND bad choices throughout the day. If we can limit these choices by implementing simple routines at key times of the day i.e what time we get up, when and where we eat, what time we put our phones away, preparing uniform and school bags for the next day... as well as a reasonable time to go to bed. Doing this will improve how we attack each day due to the fact that key decisions are already in place. We create a structure that supports our well being and allows us to perform at the best of our ability.

A good daily routine can be a stress and sanity-saver during a hectic week, both for parents AND students. Not only can certain repetitive actions benefit your physical health (such as regular exercise), but they can also improve your mental health by reducing your stress levels. Every time you have to make a decision, you are adding some stress to your life. The more decisions you have to make, the less self-control you'll have. While you can't do away with decision-making completely, creating regular routines can take much of the guesswork out of your day:

- Start your day off right. Figure out what time you need to leave the house each morning and set your alarm so you have plenty of time to accomplish your at-home tasks before you hit the road. Rather than jumping from task to task, create a set routine and stick with it. You'll waste less physical energy and brain space.
- Sleep better. A regular bedtime routine is essential to good sleep hygiene. Turn off your electronic devices an hour before bed and avoid stressful conversations in the evenings. Brush your teeth and wash your face well before your set bedtime so you get to sleep on time and wake up feeling refreshed and ready to tackle your day.
- Enjoy quality time with loved ones. Even if your family's schedule is busy, creating a weeknight family dinner routine is a great way to ensure you and your loved ones have time with each other at the end of the day.
- Have more time for activities you love. By creating an efficient, routine schedule, you'll leave room for activities you truly enjoy: Spending time with family and friends, attending a club or exercising, watching the latest netflix shows, or going for a walk! Believe me, it has helped me to control my children's time in a more balanced way- Smiles over frowns.

In conclusion, don't be afraid of implementing simple, easy to follow routines and structure to your children's lives. It will free up their minds and allow them to focus on more important decisions they will face throughout their school day. Hopefully they will then see the positive outcomes in their school experience as we move forward in this school year and create a solid foundation on which to build in year 11.

As always, please remember Mrs Green and I are here to support you and your child.

Take care and Stay safe.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 22 - Friday 4 March 2022

Hello to all our year 10 students and their families.

I hope everybody enjoyed the half term break and made the most of time together wherever possible. As a parent to two teenagers myself, I know it can sometimes feel like they are nowhere to be seen - lounging in their bedrooms or out with friends who are more fun than those left at home. It starts to echo how much our children are growing up and developing their independence, resilience, and ability to make their own choices. The same can be seen for our Year 10s who are also building these attributes in and out of school.

The aspiration of students in Year 10 continues to develop for all students, with most now having had their conversations about future careers and potential pathways. Thank you for the support you have given your child during this first stage, as if we strive hard together we know that their future will be bright.

I would like to take this opportunity to celebrate the aspirations and success of two students in our year group.

Alfie W has played Rugby League for a number of years and, throughout February, Alfie has worked tirelessly to impress the professional teams and I am very proud to share that last week Alfie was offered a Scholarship with Hull KR. Seeing the anxiety in his face before the half term shows how much a dream means to students; seeing the beaming smile on his face this week when he shared the news with me was magical. I loved hearing about how he will be spending evenings and weekends in the coming months and his hopes for the future.

Ahmad A is working to complete his Duke Of Edinburgh Bronze award. Ahmad came to me in the new year and explained that, as part of his experience, he would like to arrange a Bake Sale to raise money for children who have been affected by the war in Gaza. The planning and preparation that went into this was meticulous and, on the final day of the last half term, Ahmad and his team of friends arrived at school and eagerly awaited for his family to deliver the items by car. I was called down to reception just before lunch, where I discovered how passionate he was about making the sale a success. With inspiration from Palestinian recipes, students had the chance to purchase pizza, falafel, baclava, amongst many other tasty treats. His effort was really well supported by other students and staff and, as a result, Ahmad raised over £200.

These are just two examples where our students are achieving great things beyond the classroom and we love to share their success stories. Students in Year 10 do so many different things, both in and out of school, and we would also like to say a huge 'Well done' to them.

With it being World Book day on 3 March, in tutor rooms this week we have had a big focus on reading. Staff have shared information about their favourite books, we have relaunched access to our beautiful Reading Room, and discussed the titles available to buy with the vouchers given out in Thursday's session. Charles W Elliott said, *"Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers."* The buzz and conversations held have been delightful to hear and be part of. A number of staff took part in fancy dress on Thursday and came in as a range of book characters - head to Twitter to see the photos.

We have also used Tuesday's tutor time to discuss Putin's invasion of Ukraine with all students. Students have been told to remember:

- it's normal to feel upset;
- share your worries;
- do things that make you happy.

We have people in our school community with links to Ukraine/Russia and other countries who will be worried and upset. We must be considerate of them at this time. Students have been reminded that words are important. It is not 'Russia' who has invaded Ukraine - it is Putin's war and he does not speak for all Russians. This war is NOT a subject for jokes, either in person or on social media. Any reports of this will be picked up by myself and Mrs Green.

We have also encouraged them to not 'like' or 'share' something that is posted online which may offend someone.

Lastly, I want to remind you that both of us are here to support your child and that if you think they need support or there is anything staff need to be aware of please contact us by phone or email.

Take care and stay safe.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 20 - Friday 11 February 2022

Hello to all of our Year 10 parents and their families.

With the temperatures dropping again, yet some lovely clear and sunny skies, it is starting to feel like spring is soon to arrive; each day brings our students new opportunities, new topics of conversation, and further ideas on how to prepare for their futures. Much like the arrival of spring, we want our year group to prepare for embracing their futures and ensure they are ready for the days ahead.

In our tutor sessions we have been working on developing students' understanding of 'How to use the internet safely'. As a parent I know how easy it is for teens to be drawn into the online world and be easily influenced by what they read and see. Used sensibly, the internet is a wonderful way to learn, research, and gain inspiration. However, there is the additional worry of who they connect with and what they learn. A number of students have discussed how they feel compelled to trawl through pages and sites each day, sometimes losing track of time or becoming lost in the world of social influencers. Tutors have discussed how students are using time and reminded them of the following:

- Be wary of how much personal information you share, particularly any details that allow strangers to contact you away from the game or locate you offline
- Remember that, regardless of how well you might feel you know someone, not everyone online is who they say they are. It is very risky to agree to meet up offline with them.
- If another player says anything or asks you to do anything that makes you feel uncomfortable or worried, then that is not okay

We have also spent time developing an understanding of how Apprenticeships are a future pathway for some careers and looking at what an apprenticeship involves. Learning the following:

- An apprenticeship is a real job where you learn, gain experience and get paid.
- You're an employee with a contract of employment and holiday leave.
- By the end of an apprenticeship, you'll have the right skills and knowledge needed for your chosen career.

As part of an individual meeting with Graham Peart, Careers Advisor, some students are already exploring apprenticeships as an option. Others are still weighing up their choices. Miss Lawes, Careers Leader regularly updates our Year 10 Careers class on Google and students will hear about open events and so on in this area. We will continue exploring destinations and pathways in the coming months.

Next week sees us reach the end of another school term. In some lessons, Year 10 Mock Exams will be taking place. Having heard a student say that a mock 'doesn't matter' and that they believe they will still do well in their final exam regardless, I want to remind students that having the chance to sit a mock gives students and their teachers an awareness of what they know and what they still require support with. If your child is struggling please remind them to speak to their teachers, tutors, or myself and Mrs Green. We hope that all students embrace these mocks and know this is their chance to apply knowledge and demonstrate the skills that they have worked so hard on in the past 18 weeks. They will then be able to relax and enjoy the half term break that is sitting somewhere in the distance.

Whilst students have been busy, Mrs Green and I have been enjoying popping into lessons, speaking to students and teachers and learning what they are getting up to in the classroom and at home. A number of students have reached the point where the idea of earning extra money is sending them pounding pavements and looking for their first part-time job. Well done to those that have secured jobs so far, and good luck to all who are in search. Please remind them how beneficial volunteering can be. We have students embracing volunteering opportunities whilst taking part in The Duke of Edinburgh Award and it is lovely to see how much they are learning from these experiences.

Finally, I would like to again remind you that both myself and Mrs Green are here to help and support your children. If there is anything that we need to know please do not hesitate to contact us.

Take care and stay safe.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 18 - Friday 18 January 2022

Hello to all of our Year 10 students and their families,

It has been another couple of busy weeks in Year 10 which has seen us establishing various programmes of support for students.

Like any year group, we have plenty of students who are sailing on the waves and taking highs and lows as they approach them, demonstrating commitment, resilience, kindness and respect at all times; however, for some, juggling the various aspects of life is becoming more challenging for them and they are finding it hard to cope. We are here to help and support them, so please remind your child of this if it is needed.

One area that some students are struggling with is their general mood, which is often expressed to us as 'not feeling happy'. I have had a number of conversations recently about what it means to be happy and how it is okay to feel sad, tired, or fed-up at various times. Explaining that the rollercoaster of life is full of twists and turns, I am trying to show our students that we are able to hold on and embrace the ride - with each experience helping us to become the person we are in the future. In school, our key values are designed to develop students and enable them to build a strong character.

The values of the school underpin each day and since Christmas we have been trying to further develop the respect, resilience, and responsibility of students. In every conversation with students, we aim to show them that these teachings will help them in their life beyond school.

At times, when emotionally charged, respect easily gets lost in frustration and this is one area that we are keen to help students to improve; the agitation in tone and body language can create a barrier when building relationships and this is the first area we are trying to address.

Christiano Ronaldo believes that, 'Keeping your mind clear from doubts by building resilience is key to maintaining your mental health,' - a thought which props up the messages we share. At the moment we are trying to encourage students to not dwell on the whispers of 'he said, she said' as this is often untrue and designed to whip up a storm. Reminding students that we all have our 'people' whose words and actions matter. A poem that I have shared in the past can be found [here](#) and reminds them that we cannot please everybody, but that doesn't stop us living our life.

Whilst encouraging them to experience each day, we work to improve responsibility. A number of students have seen their planner vanish, items disappear and often say, 'My mum took it out of my bag', 'I had it out last night and forgot to put it back.' 'It wasn't meant to happen like that.' Our conversations remind students that they are responsible for their possessions and their actions. As they grow up it is so important to take responsibility and to ensure they are set up for the day ahead.

Our consistent messages will hopefully ensure that the students in Year 10 are moulding themselves into people ready to manage the coming 18 months and life beyond school. Together, home and school, play a huge part in ensuring they are equipped and ready for the journey ahead.

If there is anything Mrs Green and I can do to assist students please reach out to us

hoyyear10@hessleacademy.com

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 16 - Friday 14 January 2022

Hello to all of our Year 10 students and their families.

I would like to start this week's blog by wishing you all a slightly belated 'Happy New Year.' May 2022 be a year where together you will have fun, make memories, and enjoy the company of those close to you.

The return to school has gone relatively smoothly. Students' communication at the start of the year assured us that they were ready to return; being responsible and checking dates, times, and ensuring they undertook LFTs to keep everyone safe. The development of communication and independence is fantastic, clearly showing that when we all work together we teach valuable skills to the young people in our care.

To continue developing our students, this week we have been focusing on one of the Hesse values - Resilience. Teaching a child to become resilient is not a breeze; having two teens at home I am very aware of how the words we use seem incomprehensible to them. Our 13 year old daughter keeps saying she 'can't do it' and 'it is hard not letting things bother you.' Whilst it is heartbreaking to hear, it makes me more aware that teaching these valuable attributes is imperative for our students' futures. We interpret 'Resilience' to mean that "We are determined, we do not give up when things get tough. We persevere. We know that learning is often hard but it will be worth it." When young people are resilient, they are much more able to cope during or after difficult situations. We often hear the term 'bouncing back' which young people can often do. Your child needs resilience to navigate life's ups and downs and it is an important factor in the development of our young people. This support can come from parents, grandparents, aunties, teachers and even from their peers.

Here is a clip from the 'Young Minds' website that you might want to watch with your child. It looks at What Resilience Means To Young People?

<https://www.youtube.com/watch?v=4RzHx5rw0f4>

Students are continuing to meet with our careers advisor, Graham Peart, to begin planning for their future, and it is lovely hearing how their plans are slowly starting to form. Likewise, we are identifying students that will benefit from the vast array of support and guidance services that we have available to them: Mental Health support, Anger Management or Body Image sessions, Mindspan, and The Scholars Programme are a few that we are currently on with. Please be assured that Mrs Green and I are closely monitoring the students in our care and finding ways to help them and prepare for the future.

Finally, the Year 10 Parents Evening is planned for Thursday 20 January. Once again this is a virtual meeting which gives the opportunity for you to speak to your child's teachers and gather information about how they are getting on and ways to support them. If you have not had the link for the booking system please let us know.

We understand that some families may be unable to attend and would like to say if this is the case please let us know if you require feedback- We can speak to staff and feedback to you.

If you have any concerns or queries please get in touch; hoyyear10@hessleacademy.com.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 14 - Friday 17 December 2021

We have made it to the end of the first term!

Again, we have had a busy couple of weeks and the lead up to the Christmas break has been full of opportunities for learning and fun.

The wave of first assessments has gone well and staff are positive about how the students are developing their subject knowledge, whilst also actively looking at how to help develop knowledge in the new year. We are proud of how hard students have worked and the communication from those stuck at home wanting to ensure they get a chance to complete assessments on their return. In all subject areas, students have access to support, advice, and guidance; revision guides are starting to be made available for purchase and these will increase as we move into 2022.

In our assembly this week I spoke to the students about how lucky they are to have the support, advice, and guidance of our careers and guidance consultant - Graeme Peart. I shared with them the experience that I had back in the 1990s, which was very little, explaining that in all sense of reality served no real purpose. With a number of our student still unsure of what they would like to do, I shared with them my own career history - including retail, signage design and stock purchasing before finally deciding that teaching was what I wanted to do; my main message from this was that the roads can take us in any direction that we wish to follow, as long as we are prepared for the journey - Graeme is part of the preparation, along with reiterating the importance of working hard in lessons and creating a secure foundation to build upon.

In tutor sessions we have been continuing with a couple of the traditions that we now have as a school - the gift tag wishes for the Christmas tree were written and decorated; the message of kindness, hope, and memories held are now adorning our tree in the ground floor atrium and it looks stunning. Groups have also made Christmas cards to be delivered in the local community, sharing Christmas wishes with businesses and residents. I have also tasked each tutor group with a challenge to take a festive group photo to show how their group depict Christmas - props and tinsel adorned classrooms and we even had a festive Henry VIII make an appearance. Additionally this year I have tasked each group with a 'Festive photo challenge'; we have a number of Elves scattered through the groups and lots of funky tinsel wearers - a great effort from each group.

School now is certainly different to when I was at high school in the 1990s; we watched movie after movie, large swathes of us drifted off to the local church as part of the school choir/orchestra (we had umpteen folk claiming that they played the recorder!), and Christmas cards and gifts were flying around in every direction - the scent of The Body Shop and Lynx drifted through the corridors and chocolate was in abundance. For all we still have a Christmas Concert and cards and gifts are exchanged, the daily activities completed by students are still relevant to what they are learning and are far more structured than the days that live in my memory. The motivation shown by students has been wonderful and they have kept it up until the end of the week. Like now, they are exhausted and ready to unwind after being so busy at school.

Thank you all for the collaborative work over this first term; building the relationships between home and school is a key to ensuring we can offer the best for our year group.

We would like to wish you all a 'Very Merry Christmas' and hope that you all take care and stay safe. Best wishes for the approaching New Year and enjoy your time together.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 12 - Friday 3 December 2021

Hello to all our year 10 students and families.

This week feels a little like, 'Blink and you'll miss it.' It has certainly been a strange year again and, to suddenly arrive in December, feels a little bit surreal. However, here we are.

It seems strange to think that Mrs Green and I have almost reached the end of our first year supporting the year group. Last December we were introducing ourselves to you all and setting out our hopes for the students in our care; suddenly we are now a year on and the support is firmly in place, with umpteen new opportunities and ideas to assist the students in our year group. We are always looking to find ways to support and guide the students in our care. In recent weeks, along with the careers interviews, we have been identifying students who are looking to develop their mental resilience or get an understanding of what university life may be like; in the new year some students will embark on the Mindspan programme and others on The Scholars programme. A number of students are engaging in the Duke Of Edinburgh award, whilst others are discussing applying for their first job. Students' determination and commitment to improve themselves is becoming increasingly prevalent within Year 10 and their maturity to discuss opportunities is wonderful.

Continuing with the theme of 'wonderful', the students are working hard in their tutor sessions. This week, with the festive tension building, students have been wide eyed as they pass our beautiful Christmas tree and whispers of when the tags will be created have been carried across the plaza on the wind; students have been given a gift tag during tutor time and have written a wish or message of thanks on them - these will be hung on the tree, as has become a tradition in recent years. They are also preparing to write Christmas cards for delivery to the local community, targeting residential homes, school neighbours, and local businesses. In line with our school value 'Kindness' it is lovely to see them getting onboard. We are also supporting the fundraising of the 999 Cenotaph and students are invited to accessorise their uniform with red, green, orange, or blue (the colours of the emergency services) on Friday 3rd December and donate money to help bring this idea to life - a place for people to show respect, especially in light of the challenges in the past 18 months.

Further resilience and respect has been evident within our year group with the wearing of masks and their common sense when hearing of the inevitable cases of Covid; there a lot of students who currently have a cold and they are being considerate with keeping masks on when in class or with their friends. Sanitising in and around the building is still encouraged and students who forget or lose their masks are quick to come and get one from us to ensure they are doing their bit to prevent the spread. We are reminding them about the rules outside school now, and encouraging them to keep doing regular LFT tests at home - if you are running out please pop to reception and collect some more.

With two weeks of this term left we are hoping students continue to demonstrate the resilience, kindness, and respect that we see so often. It is lovely to see the excitement in their eyes as they talk about Christmas decorations going up, the arrival of elves, and the various Advent calendars that are adorning homes, as well as seeing family over the break. Hopefully they can contain this until the end of term, where we will have Christmas jumpers and the Staff v Year 11 football game to finish the term in style.

As you embark on Christmas shopping, putting up the trimmings, or simply catching up with others, please stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 10 - Friday 19 November 2021

Hello to all our year 10 students and their families.

It has been another busy fortnight and again I am proud to say that the young people in Year 10 are going from strength to strength in so many areas. Last week we marked Remembrance Day across the school, slightly later due to the morning break, but nevertheless students showed immense respect during the two minutes silence; classrooms were entered swiftly after break to ensure they could stop and reflect, corridors fell silent with students...

Hello to all our year 10 students and their families.

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Last week we marked Remembrance Day across the school, slightly later due to the morning break, but nevertheless students showed immense respect during the two minutes silence; classrooms were entered swiftly after break to ensure they could stop and reflect, corridors fell silent with students

In tutor sessions last week we were looking at kindness, one of our school values, and students were talking about things such as 'Please' and 'Thank you' or 'Are you ok?' can make such a difference to life. I witnessed students checking on others, holding doors, and picking up litter that was nearby. Some very simple things can have such a great impact. On youtube there is a lovely video that I shared during my assembly; students watched how one act of kindness can lead to another and how much difference can be made. If you fancy taking a look, here is the link <https://www.youtube.com/watch?v=PT-HBI2TVtl>

We are now well underway with students having their first Careers talk with our advisor Graeme Peart. With their initial apprehension disappearing within moments, students are finding Graeme easy to talk to and helpful with his advice- even for those who do not yet have a career plan or destination in mind. Whilst discussing how things have gone, students are saying how they have heard about careers they had not even known existed; were now more aware of how options can enrich their future; and they are coming away with more confidence for the future, or with food for thought in preparation for seeing him again. The world is their oyster, and we still have time to help get students prepared for life beyond Summer 2023, with these interviews being one of the many parts of their individual jigsaws.

This week is Anti-Bullying Week. Coordinated in England and Wales by the Anti-Bullying Alliance, it has the theme 'One Kind Word' - linking nicely to our Kindness work last week. The week began with Odd Socks Day, encouraging people to be proud to be different. I saw a number of vibrant odd socks, fluffy odd socks, and odd socks being worn as bun-cover in somebody's hair- creativity at it's finest. Students heard from Mr Scott about his unpleasant experience with bullies during school and we reminded students that anything they need help with must come to our door. We will always do all we can to support the students, and resolve the issues, as long as we are aware of them. Everything that is reported is picked up and dealt with as swiftly as we are able to do so, with a number of great support systems in place for our young people to access.

Next week students will find themselves starting to, if they have not yet done so, sit their end of term assessments. Teachers are offering support in the classroom, providing work on Google Classroom, and setting Homework relevant to what they have been learning. Mrs Green and I know they will do their best and that is all that we can ask of them. Please send them our Good Luck, and remind them that we are proud of them.

Until next time, stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 8 - Friday 5 November 2021

Hello to all our year 10 students and their families,

The howling wind welcomed us back on Monday morning and a tirade of varying seasons has passed across the leisure centre plaza whilst we have been outside at the start of the day, break, and lunch; we are certainly now well immersed in the autumn term and students have returned with fabulous attitudes and commitment to their KS4 journey.

Regularly we have students approach us saying 'Mum' before retreating and trying again, this time with 'Miss'. This week another student said it must be weird when they say that, which led to a lengthy discussion about the phrase 'In loco parentis' and how it means we are responsible for them in the absence of parents whilst they are at school. From this my conversation went on to explain what myself and Mrs Green are there to offer them and that we will always do all we can to help the students wherever we are able, be that communicating with teachers, sorting out friendship fallouts, or repairing the broken shoes and school bags amongst the lengthy list of other issues that greet us on duty or arrive at our office. Again, please remind your child that we are there to help them; I have had students say they don't report things because nothing will get done- Unfortunately, or fortunately depending on how you look at it, we are not mind readers and cannot do anything if we don't know about it. If you are aware of any issue that your child is facing please encourage them to come and talk to us or email us to get our help; you are also welcome to call or email us if your child isn't feeling able to report it.

In tutor time the LORIC focus moves to 'Organisation'. It is imperative that we work to encourage and teach the students how to organise their time in the coming year; how to arrive at school, or work in the future, organised, and how organisation in life is advantageous. At present we have some students who are not as organised as they need to be and therefore arrive to school without planners, equipment, and other key items; Having heard that 'My Mum /Dad didn't put it in my bag' or 'I forgot what day it was' we are also now reminding them that they are old enough to take responsibility to organise themselves. Hopefully in the coming weeks some evidence of them taking this onboard will be seen both at home and school - I am an optimist. If your child has lost or misplaced items then please remind them of this quote, *'Things we lose have a way of coming back to us in the end, if not always in the way we expect.'* Luna Lovegood- *Harry Potter and the Order of the Phoenix*. A great place to start looking is in the Student Services office on the first floor; currently we have 2 boxes of lost property and a couple of planners - If items had names in we would have already reunited belongings and their owners, alas this isn't possible.

In my assembly this week I have discussed attendance with students, reminding them that we are here to support them. I have also reminded students about behaviours around fireworks, as there has been a lot of chatter about where they are hoping to go on Friday night. If you are at a display, be it home or an organised event, please enjoy it and stay safe.

Finally I want to return to the time of year. Within the next couple of weeks the dark mornings and afternoons will take hold. As students head to school or walk home, please encourage them to take well-lit routes, avoid shortcuts, and try to walk with friends. If your child comes to and from school on their bike, please remind them that lights are needed and a helmet is strongly recommended- as is having a lock to ensure their bike is safe through the day. Students on the bus also need to remember that direct routes and being with others is immensely important as they head to and from bus stops.

As always, please remember you can contact us through our email address hoyyear10@hessleacademy.com or call the school.

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 6 - Friday 15 October 2021

Hello to all of our year 10 students and families,

Watching the skies during morning line-ups, we have been mesmerised by the mermerations of the Canada Geese, Swallows and Swifts as they prepare to head south to warmer climates; on the ground the hedgehogs and squirrels are preparing for hibernation; and in a couple of weeks, the clocks take a turn back and the colder, darker days will be upon us. As is the end of our first half term, which has certainly been a busy one.

In tutor time students have continued to work on their LORIC leadership skills; House Captains and Tutor representatives have been chosen; E-Safety conversations have been held; and Careers has been the topic in our assembly.

With around 300 school days left for year 10 (scary to think about), we have started to work on setting up careers appointments with our school advisor Graham Peat and he will start meeting students 1:1 in the coming weeks; the initial conversations will explore their pathway beyond year 11 and help them start thinking and exploring what is available to them in the future. Miss Lawes will also be sending your child an invite for the Year 10 Google Classroom group, which will be where information about opportunities, open events, and apprenticeships will be shared- as the year progresses it will begin to fill with ideas and advice, so please encourage your child to accept the invitation. With this information in their hands we hope students will have a clear idea and understanding of what they need to achieve and how to get the most from their lessons.

In lessons the staff are now well underway with teaching students how the exams are formatted and sharing insight on how to work through questions, build knowledge, and check understanding. A number of students have spoken to myself and Mrs Green about how they are feeling quite overwhelmed by lessons and we are working hard to help them through this. I feel the important message is not to worry too much; we have had 18 months where schooling has been flipped on its head and now find ourselves returning to normal, which takes a bit of getting used to. They are not alone in their fears and it is okay to seek help from us, their tutors, and teachers.

Lastly, I would like to congratulate every student for coming back and pushing onwards. Reintroducing masks and juggling colds v 'could it be Covid' has seen students responsibly behave, act upon instinct, and think about those around them. Beyond this, getting used to new Homework platforms and developing respect in a consistent way has been a pleasure to witness. Again, Mrs Green and I are incredibly proud of their achievements.

I finish as always reminding you that we are here to help and support your child. If we can be of any assistance please either call the school or email us at hoyyear10@hessleacademy.com

Please take care, stay safe.

Mrs Todd

Head of Year 10

Mrs Green

WEEK 4 - Friday 1 October 2021

Hello to all our year 10 families

We are four weeks into our new school year and both Mrs Green and I are brimming with praise and pride for our year group. The students have developed so much maturity in the past few months and as we move into the full swing of things it is evident that they are all gearing up for some greatness this year. Their understanding and demonstration of our school values is becoming clearer day by day, with respect for staff and peers; kindness towards one another; and responsibility for their actions gleaming in the autumnal light.

With a determination to recognise students achievements being a high priority, I have been overjoyed by the feedback from staff. Each week, a student from each tutor group will be awarded 'Star of the Week' for their contributions and commitment to the group. With many students pushing themselves in their chosen subjects, I have asked Year 10 teachers to inform us of any students who deserve praise and these students will receive an email from us expressing our congratulations for their commitments or improvements. Please encourage your child therefore to keep a regular check on their school email accounts.

Another reason for keeping an eye on their emails is the notifications of homework from Google Classroom. If your child doesn't have their Google Classroom notifications set up on their device please ask them to do so. If they are encountering any issues then please remind them that we are here to help and get things sorted out. Every task, as is always the case, is necessary in their preparation for the future and we want to work with them and you to make their GCSE studies successful, helping them to achieve the extraordinary and become well prepared for their futures.

Another way students can adopt new skills, and build their own personality traits, is through trying something new. Extra-curricular clubs and activities have started to return. Beyond school there are endless opportunities for them to explore. I have shared a lengthy list of website links in an email this week to introduce clubs and groups beyond the confines of the classroom or their bedroom - with the colder, darker months ahead it doesn't mean everyone needs to retreat indoors and hibernate; they may find something new to light a spark and ignite their interests. We appreciate not all children will be searching for new challenges, but they are available if they want to explore them.

Lastly, I want to go over some basic reminders due to the changing seasons. Mornings are colder, damper, and darker; please encourage your child to wear a coat and be prepared for the inclement weather that will undoubtedly head our way. With time outside at break and lunch, keeping wrapped up is better than shivering and losing the feeling in fingers and toes. If walking to and from school, please remind them to stick to well-lit routes and walk with others wherever possible. For students on bikes, check tyres and have lights for when the light is fading; a helmet is also encouraged.

If there is anything we can do to help your child, or you need support with, please don't hesitate to contact us. The mobile that we used during lockdowns isn't now used as much, due to the lack of reception in the building; please contact us on the school phone number or by emailing hoyyear10@hessleacademy.com

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10

WEEK 2 - Friday 17 September 2021

Hello to all our year 10 families and welcome back to our fortnightly blog; I hope everybody had a lovely summer and managed to find opportunities to make some wonderful memories.

When we returned to school last week I came back full of admiration for both our GB Olympic and Paralympic teams, with a brain full of inspiration to share with year 10. Having the year group together in the hall for their first seminar was an amazing sight, seeing our year group together made me feel a real sense of pride. Last year they overcame so many different challenges and began to mature. Mr Groak and Mr Sinclair shared the essential updates and information to begin and then I had the chance to talk briefly about the inspirational athletes that I'd enjoyed watching this summer, sharing some exceptional performances of paralympians who had overcome all the challenges that life had set them, never giving up, developing outstanding resilience and out performing their abilities with a tenacity to be proud of - traits we hope to teach and instil in our students over the next two years.

The students have returned with a great attitude and are now seemingly getting used to early get-ups, and the need to move a bit quicker to lessons; the convenience of being in a cluster of rooms, due to bubbles last year, has now gone and they are making full use of the building and classrooms where subject displays are there to aid teaching and help learners make connections to their prior and future learning. They are calm and content during breaks and lunches; we have a new outdoor space with a canopy to hide from the rain or gain shade from the sunshine and our new catering company is proving popular when the hunger strikes (with staff as well as students).

In tutor time, we started to look at ways to develop a positive mindset and are now discussing ways to become positive leaders and the role of a leader. The checking of uniform and equipment is going well, with many students becoming more organised and having greater responsibility for their belongings. The height of excitement came from students and their tutors when we confirmed the weekly tutor-time quiz was making a comeback. The buzz around tutor bases is enjoyable and the team are determined to help your children achieve the extraordinary and be prepared for their future. There will be sessions based around future pathways and careers placed within the tutor program over the course of this year to help students to map out their future pathways and get the best they can from their GCSE studies.

Finally, with this 'strange normal' that we now have we are reminding students to sanitise, keep their distance, and wear masks if they choose to. Extra-curricular clubs are returning and I look forward to seeing smiling faces as they enter some clubs for the first time, or pick up some old favourites.

Mrs Green and I are optimistic that this year is going to be a great year for our students and are looking forward to being on this journey with you and them. If there is anything we can do to support and help your child please don't hesitate to let us know. You can email us at hoyyear10@hessleacademy.com or call us on the school number.

Stay safe and take care.

Mrs Todd

Head of Year 10

Mrs Green

Assistant Head of Year 10