

WEEK 2 - Friday 16 September 2022

I am sure you have all heard the phrase, 'Start as you mean to go on'. If this is the case for Year 7 students, then we will have a great year.

I have been astonished by how the students have adapted to Secondary School life, their organisation skills, respect for the school policies and procedures and their resilience has been brilliant.

We have spent a large amount of time over the first few weeks getting to know your child and in this week's assembly we have also shared information about ourselves and the Year 7 tutor team. This has aided us in creating what I believe to be a successful transition for your child, and we aim to continue to work on these positive relationships throughout Year 7.

I would like to take this opportunity to also welcome you to Hessle High School. I feel it is very important that we create a relationship whereby we can work together to help and support all of the young people within the school. It is important that parents communicate any concerns they have directly with us so we can act upon these and resolve any issues you or your child may have.

Please keep checking your emails and if possible, follow us on twitter.

If you do have any concerns or queries please get in touch; hoyyear7@hessleacademy.com.

Take care

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 4 - Friday 30 September 2022

Aspiration.

We aim high; we have ambitious expectations of curriculum and others.

Although your child has only just started on their Secondary school journey, we feel it is essential to focus on student aspiration and to increase their ambitions in life.

In this week's assembly, Miss Lawes, our careers leader has spoken to the students about how we can support and provide information based on their future. It was lovely to see so many shows of hands when I asked the students if anyone had already thought about the type of career they would like to have, and some had also looked at how they can successfully achieve this.

At the end of each half term, Year 7 students will have a designated tutor period that focuses on careers, and we have several other activities arranged during Year 7 including an 'All about me' day focusing on personal development and matching their skills and interests to various jobs. For more information on the careers programme please click on the link below.

[NEW Careers Programme 2022/2023 \(thehessleacademy.co.uk\)](https://www.thehessleacademy.co.uk)

If you have any concerns or queries please get in touch; hoyyear7@hessleacademy.com.

Take care,

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 10 - Friday 18 November 2022

Like most mums on a Sunday evening, I found myself sorting through my children's school uniforms, hanging them up neatly ready for them on Monday morning. This week I was reminded by my children that they MUST wear odd socks for school this Monday as it was anti-bullying week. My children are still at Primary school so they will often have these types of days and I was therefore intrigued to know what they knew about bullying.

'We are wearing them to make people understand that bullying isn't very nice' my 9-year-old son informed me. 'What is bullying'? I asked.

'It's when someone keeps being mean to someone all the time'. I thought that was a pretty good answer for my 5-year-old daughter, which led me to look up the dictionary definition...

Bullying; repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

<https://www.familylives.org.uk/advice/bullying/general-advice/what-is-bullying>

The theme of this year's anti bullying week is 'Reach Out' and aims to encourage people - whether in school, at home, in the community or online - to reach out and show each other support. It's about reaching out to someone you know is being bullied or reaching out to someone you trust if you need to talk.

Bullying affects millions of lives and can leave people feeling sad and hopeless. But it does not have to be this way. If we challenge it, we can change it. And it starts by reaching out.

This isn't just young people, bullying takes place in all forms of society; workplaces, teams and clubs to name a few. And we have a responsibility to help each other reach out. By working together, we can make the change we want to see. Reflect on our own behaviour, set positive examples, and create kinder communities.

It takes courage, but it can change lives. So, this Anti-Bullying Week, let us come together and reach out to stop bullying.

<https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2022-reach-out>

I usually ask parents to speak to their children about the different topics or themes I write about in my blog and I still urge you to do this however this is also a message for you as an adult. You can also reach out and make a difference.

Please keep checking your emails and if possible, follow us on twitter@HessleHigh

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Take care

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 14 - Friday 16 December 2022

Christmas is a magical time of year. It's a special time to show others you care. Families come together and show one another love and how they value each other.

As a parent myself I often hear the words 'mummy can you play a game with me'. The truth is that although I try to find the time for this it isn't always possible and for me this is what Christmas is all about. This Christmas I will be mostly eating, drinking, playing games and watching movies. Why? Because this is the time of year, I make sure I can.

So - from one parent to another - please do the same, spend time with your children talking, playing games, watching movies. Enjoy every moment, enjoy opening your gifts and we wish you and your family a very Merry Christmas and a happy New Year.

Poem About Christmas With Family

That cheerful feeling
In the air
With a bit of love
All around

The food is on the table
And the presents under the tree
Dinner is ready
So come on, let's eat

Everyone is at the table
Eating their Christmas meals
Because it's the most
Wonderful time of the year

Look out your window
Thank God for letting it snow
It's the best time of the year
To spend with family

The night has passed
And the day has come

There are presents to open
And more fun to come

But it's not about presents
It's not about food
It's about family time
That's Christmas time

15 Short Christmas Poems (familyfriendpoems.com)

Merry Christmas & best wishes for the New Year,

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 16 - Friday 13 January 2023

'Money doesn't grow on trees'

'Because I said so'

'I want, never gets'

'You just wait and see'

Do you recognise any of these sayings? When you read them does it bring back memories of your parents or grandparents saying these words to you? I always remember hearing them and thinking it was such a mum, dad, nanna, grandad thing to say and now I find myself using exactly the same sayings not only to my own children but also to the students in school.

As the youngest of three daughters, I certainly have memories of the saying 'two wrongs don't make a right', but what does it really mean? At school we often hear students say, 'I only said it because they said' But surely it can't be right for young people to have this attitude and to feel like they need to respond in the same negative hurtful manner?

As adults we all want our younger community to see the importance of kindness and the impact that hurtful words can have on others. We want them to be respectful to all. As a parent I am obviously interested in how my children are doing academically but I must be honest and say that for my husband and I we just want to hear that our children are polite, respectful, liked and kind. As a community we want everyone to 'treat people the way they want to be treated and speak to people the way they want to be spoken to'.

Please speak to your child about the importance of speaking to their tutor, Head of Year, Assistant Head of Year or teachers if they feel that someone is upsetting them and certainly not to respond in the same way because as the saying goes 'two wrongs most definitely do not make a right'. And who wants to study/work in a community where people are unkind to each other? Certainly not me!

We are very focused on attendance and like to celebrate those students that are achieving 100% attendance not only Yearly but also weekly, half termly and termly. We know that illness is unavoidable, but we appreciate your support in encouraging your child to avoid any other absences from school.

Thank you for your continued support and please do contact us with any questions or concerns;
hoyyear7@hessleacademy.com

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Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 18 - Friday 27 January 2023

Ordinary People is the theme for Holocaust Memorial Day which takes place on the 27th January 2023.

'What is abnormal is that I am normal. That I survived the Holocaust and went on to love beautiful girls, to talk, to write, to have toast and tea and live my life – that is what is abnormal.'

Elie Wiesel, survivor of the Holocaust

Genocide is facilitated by ordinary people. Ordinary people turn a blind eye, believe propaganda, join murderous regimes. And those who are persecuted, oppressed and murdered in genocide aren't persecuted because of crimes they've committed – they are persecuted simply because they are ordinary people who belong to a particular group (eg, Roma, Jewish community, Tutsi).

Ordinary people were involved in all aspects of the Holocaust, Nazi persecution of other groups, and in the genocides that took place in Cambodia, Rwanda, Bosnia and Darfur. Ordinary people were perpetrators, bystanders, rescuers, witnesses – and ordinary people were victims.

<https://www.hmd.org.uk/what-is-holocaust-memorial-day/this-years-theme/>

As ordinary people WE can be extraordinary in our actions. We can all make decisions to challenge prejudice, stand up to hatred, to speak out against identity-based persecution. We can also support and try to encourage others to take part in the many remembrance events that take place.

As I am sure you are aware, there have recently been stories shared on social media about children being approached by strangers. Based on this, we have been talking to all our students about strangers and keeping safe. I guess when young people start at Secondary school, they no longer like the term 'stranger danger' and we certainly do not use any of the well-known songs or youtube videos that I remember watching as a child. We discuss this in a mature and sensible manner focusing on the importance of staying with a friend, what to do if they are approached by a stranger and the importance of reporting any suspicious behaviour.

Extra-Curricular update

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 also

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 range for 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.

I would like to take this opportunity of thanking parents for their continued support in ensuring their child follows our behaviour policy, they arrive at school in the correct uniform with the correct equipment and they work with us to ensure their child attends school as much as possible.

Please do contact us with any questions or concerns; hoyyear7@hessleacademy.com

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Mrs Briggs

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WEEK 20 - Friday 10 February 2023

Sports, clubs, hobbies and activities are such a great way for young people to learn new skills and make new friends. This could be a drama club, football club, martial arts, arts and crafts, the list goes on. Taking part in this type of activity help young people to become independent, build their self-esteem and help with their emotional well-being too. Sports clubs not only help in terms of increasing physical fitness but are also character-building, raise self-confidence and allow students to improve their leadership and time management.

Both of my children take part in a number of activities; swimming lessons, football, karate, multi skills and rugby. There are times when I am chasing around taking them and picking them up and I sometimes wish for a day off. However, I can see just how beneficial all these activities are for my children and what they gain from each one of these activities.

During this half term I have asked the Year 7 tutor team to speak to the students about any activities they take part in. This has allowed for the students to learn some interesting facts about their peers and celebrate their achievements outside of school. I am also hoping this will inspire others to join a club whether that be one of the many extra curricula clubs offered in school or an external club.

I couldn't possibly list all the amazing activities or achievements that were shared however here are a few...

Achieved six badges in gymnastics

Climbed Scafell Pike

Taken part in dance competitions

Won medals playing golf

Won football tournaments

Learned to play the drums

Attended the drama club

Below is the information regarding all the extra curricula activities available to your child. Please speak to your child about the benefits of joining some of these clubs

<https://www.thehessleacademy.co.uk/page/?title=Extra+Curricular&pid=105>

As always, If you have any concerns or queries please get in touch; hoyyear7@hessleacademy.com.

Take care

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WEEK 22 - Friday 3 March 2023

World Book Day changes lives through a love of books and reading. The mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income. We want to see more children, particularly those from disadvantaged backgrounds, with a life-long habit of reading for pleasure and the improved life chances this brings them. More information on World Book Day can be found here: [World Book Day About Us](#)

For me reading is something that I link to the holidays as this tends to be the time when I can sit quietly, relax and concentrate without any other distractions. My children are usually playing in the pool, running around a field, playing games etc which gives me an hour (if I'm lucky) to open a book and get drawn into the crime thriller that I have been bought for a birthday or Christmas gift. I have, however, made a conscious effort recently to read for 30 minutes before I go to sleep to help me relax and forget about all the other jobs that I need to do. Reading most definitely helps with my mental wellbeing and general stress levels.

Rather than just writing about myself and why I think reading is important I wanted to share the views of other teachers from the school and from different departments.

'Why do I read? - Miss Chase – Teacher of Science

Reading for me is something I make time for as often as I can. It provides me with some relaxation and an alternate reality. I can immerse myself in reading and imagine these places and books describe, and it brings about somewhere I can visit often without ever physically travelling there.

Throughout reading, there may be words I may never have come across, and will have to decipher what they mean, and it can really help with spelling of words I only hear people say!

Reading helps me improve my creativity, spelling and imagination – there are even more to name!

Why I Love Reading – Mrs Edwards, Teacher of Maths and Personal and Social.

Reading is my 'go to' activity for peace and quiet. I get absorbed in the words and it allows me to stop thinking about anything else that might be going on either around me or in life. I read every single day, sometimes it might only be a page or two and other days it can be half a dozen chapters or more. There are so many different types of books out there that I sometimes find it hard to pick which one I want to read next, but the blurb is useful and sometimes I just pick it because of the front cover!

I love murder mystery and also real-life crimes, although these can get a little much if I read them all the time, so I intersperse them with happier stories about romance, relationships and travel. If I ever need advice, I find an information book, written by specialists, that can provide the advice I need. When I am going away somewhere, I always read books about the place that I am going, as I like to imagine things as I walk around the new place and I love it when I read books about places that I know really well, like where I live or have lived before.

In my mind I can picture the story happening, and I get quite excited seeing street names that I know. It makes me smile. Sometimes I get that engrossed in the story and so desperate to know what happens that I can't put it down, even walking around town reading it! Disclaimer here though - if you are like this then watch out for the lamp posts jumping out on you (true story)!!!! I have been known to read all night before, just so I could finish my book. I have recently joined a book club, where we all read the same book and then meet to discuss what we thought about it. This is a whole new element of reading for me, as I am having to think about the plot and the characters, etc. so there is no end to where reading will take you. If you think you're not into reading, I think you just haven't found the right genre yet, so keep looking. It really is amazing.

Why reading is important – Mr Burnett, Teacher of English.

'Jean Louise Finch says in 'To Kill a Mockingbird', that asking why reading is important is almost like asking 'Why is breathing important?' For her (and me) It is an essential and natural thing to do. For someone who has spent a lifetime teaching reading, and a great deal of time writing things for other people to read, I find it useful to ask first what we actually mean by 'reading' in order to explain why I feel as I do.

We use the words 'to read' in lots of different ways. We might say that we can 'read' someone's mind, or that a good footballer can 'read' the game, or that we 'read' a map or a diagram as well as the traditional way of reading stories and poems for enjoyment and entertainment. etc. In each case though we are doing pretty much the same thing. We are making meaning from the information in front of us, sharing the feelings and ideas, predicting what might happen next or making connections to understand what the person is trying to communicate to us. Some of us are better than others at expressing these thoughts and feelings in words. Some of us are better at reading and understanding, often because we read at a more sensitive or perceptive level. Poets, playwrights, actors and storytellers, artists and musicians all create works of art that are designed to be read, sometimes to get information or to stimulate or explore feelings within us or to laugh and recognise the shared experiences of being a person. This is what we are wired to do. To communicate, to understand, to say 'I get that, because I feel like that too.'

To read, for me, is to connect with the minds and the hearts of others. To read is to be human.

Thank you for your continued support and please do contact us with any questions or concerns; hoyyear7@hessleacademy.com

Take care

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 24 - Friday 17 March 2023

My blog this week is focusing on something I believe to be a fantastic resource but also something which causes many issues for young people; technology, social media and the Internet.

We all know that young people increasingly use online games and social media as their way of staying connected to their friends. In many ways, this can have a positive impact on the emotional wellbeing of children, but it does come with risks. As a parent, I know that there are always anxieties about who our children are communicating with and what they are being exposed to online.

Parental controls are available on most of the technology used by young people and are an easy way for parents to track their child's usage. They are designed to protect young people from seeing any inappropriate content such as pornography, age restricted apps or any other adult content. Parents can ensure that their children can only access age-appropriate content, restrict usage, monitor activity and prevent in-app purchases.

It's also important to involve ourselves in our children's online world and make sure we keep up to date on what they are accessing. Maybe start a conversation with your child about what their favourite websites are or what games they are currently playing on. I myself have no interest in gaming and very little use of social media; however, as a parent and the Head of Year 7, I have made it a priority to ensure that I am up to date with the very many benefits and risks that come with using the online world as a young person and I would urge you to do the same. I am sure that you will find the following guidance useful:

Try to spend some time online together to teach your kids appropriate online behaviour.

Keep the computer in a common area where you can watch and monitor its use, not in individual bedrooms. Monitor any time spent on smartphones or tablets.

Bookmark kids' favourite sites for easy access.

Check your credit card and phone bills for unfamiliar account charges.

Take your child seriously if he or she reports an uncomfortable online exchange.

And more information can be found using the following links: <https://kidshealth.org/en/parents/net-safety.html#:~:text=Never%20post%20or%20trade%20personal,parent%20approval%20and%20For%20supervision.>

I have children at Primary School, and they use their iPad daily, in fact most of their homework is set through various Maths and English apps. I found the following link useful for restricting and monitoring their use of their iPad.

What parents and carers need to know about ipads:

NOS_iPads_Guide (witherslackgroup.co.uk)

As always, If you have any concerns or queries please get in touch; hoyyear7@hessleacademy.com.

Take care

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Mrs Briggs

Assistant Head of Year 7

WEEK 26 - Friday 31 March 2023

Last week I delivered an assembly to the Year 7 students based on one of our school values; Aspiration.

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

I showed the students an animated clip about a young girl named Amani who felt like she lived a very dull life, repeating the same thing day in and day out. She dreamt of a life with possibilities, changes and a different future. She was then given a very important role to inspire others, to make others see their possibilities and take on challenges.

I do often wonder how many of our students aspire, how many of the Year 7 students have even thought about their future and what they want to achieve. But how can we set ourselves the challenge of being the best we can be if we don't set ourselves goals?

Researchers suggest that there are two types of aspiration:

Intrinsic aspirations - those that enhance our individual well-being, making us feel good and satisfied.

Extrinsic aspirations - those focused on an outcome such as becoming rich or maybe even famous.

As someone working in education, I want all the students to achieve their academic potential thus resulting in them being successful in whatever career they choose. Some may even become rich or indeed famous if that is what they genuinely aspire to be. However, I believe it is important at this stage to help our students to have the intrinsic aspirations that will help them feel good and enhance their wellbeing. This of course is very individual and requires us to really get to know the young people in our lives.

As always, If you have any concerns or queries please get in touch; hoyyear7@hessleacademy.com.

Take care

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 28 - Friday 28 April 2023



During this week's assembly we focused on our school value 'respect' and what that means in a school setting.

Respect; the regard you have for the feelings of those around you. The ability to accept someone for who they are, their beliefs or their differences and to show politeness to others.

Growing up, my parents worked long hours and my mum at one stage of my life had three different jobs that she did to fit in with school hours. My parents sent me and my two older sisters to school with the view that we would do well or at least well enough to leave school and be able to get a job. I can't really remember my parents questioning me about school or paying much attention to the grades that I got in tests. I can however recall the parent's evenings where my parents asked 'Does she behave? Is she rude?' My parents were strong believers in respecting others and especially your elders. Even now I don't swear in front of my parents as they see this as a lack of respect. I'm proud of the fact that my parents brought me up to be respectful to others and proud that I am parenting my children in a very similar way, I find myself asking very similar questions at my own children's parents' evening. As the saying goes, you must give respect to get respect.

Also, in the assembly we celebrated the achievements of the Year 7 students in the last half term; highest number of house points received, the tutor groups with the least uniform issues and the students that had 100% attendance. A huge well done again to those students.

Please continue to work with others on reducing, where possible, the number of days your child misses from school and as always, If you have any concerns or queries please get in touch; hoy7@hessleacademy.com.

Take care

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 30 - Friday 12 May 2023

Over the coming weeks I will be visiting some of the Year 6 students that will be joining us in September and it only feels like yesterday that I was visiting some of your children at their Primary Schools. Where does the time go?

The transition to Secondary School is great as there are so many changes which your child has dealt with really well. Parents will often comment on the changes they have seen in their child and how they seem to have grown up so quickly since starting Secondary School. I suppose that is a natural progression when we are asking them to take on more responsibility, to be more organised and, of course, to behave in a more mature and sensible manner.

Your child will continue to experience changes throughout Secondary School whether that be their classes, friendships, teachers and their Head of Year and Assistant Head of Year. What will not change is the school's approach to ensuring your child achieves their true potential and, as they move through the school, we will continue to support each of the students in their academic progress and overall wellbeing.

Attendance continues to be a huge focus for us as we see the impact poor attendance can have on a child's education. There are several strategies I have looked at as your child's Head of Year such as our 100% weekly attendance wheel, hot chocolate and waffle rewards and our half termly celebration assembly. It would be great if you could speak to your child regarding the importance of attendance and join us in celebrating their attendance whether that be 100% weekly, half termly or for the year.

As many people celebrated the King's Coronation this weekend, we have spent time during tutor and as part of the assembly recognising and remembering another historic moment - Victory in Europe (VE) Day (Monday 8th May). Without the sacrifice of the many we wouldn't have the opportunity to live the lives we have today. I feel it is important for everyone to look to the Second World War generation and learn from their resilience, determination and hope.

Thank you for your continued support and please do contact us with any questions or concerns; hoy7@hessleacademy.com

Take care and stay safe

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7

WEEK 32 - Friday 26 May 2023

As Head of Year 7, I try to use rewards to celebrate a student's achievements whether that be based on their attendance, their progress, the number of house points they get or for showing improvements in their ATL and behaviour around the school. We aim for all students to achieve their

full potential, but students are different, and it would be a very boring world if we were all the same. I guess becoming a parent myself helped me to appreciate the difference in young people and how we need to have different expectations of individuals.

Parenting is without doubt one of the hardest jobs you can have. You not only have to feed and clothe your child, but you want to raise and nurture them into respectful, caring hard-working human beings. How we do this will differ depending on the child, but I do believe setting individual challenges and goals and offering positive incentives and rewards has a much bigger impact than threatening a punishment. Rewards don't always have to be money. Sometimes offering simple things like friends staying over, a day out of their choice or missing having to do a chore can also work well even with teenagers. It is also important to embed the idea that completing a challenge is a reward itself and then celebrating and congratulating a child when they complete it.

To raise money for cancer research I have set myself a challenge of completing 100 skips every day in June. This is not going to be an easy challenge for me, and it has been a very long time since I picked up a skipping rope, but my children know I am doing this which gives me even more motivation to complete it. They have even spoken about taking on the challenge with me.

I have set the students in Year 7 a 'challenge yourself' task where they need to set themselves a challenge to complete over the half term break and share evidence of this with their tutors. This could include anything from the most 'keepy-uppies' to learning a musical instrument. The 3 most impressive task/challenges will win a prize.

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Take care and stay safe

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Mrs Briggs

Assistant Head of Year 7

WEEK 34 - Friday 16 June 2023

During tutor time this week the students have been signing up for the different activities taking place as part of this year's sports day. Students in Year 7 can pick from 100M, 200M, 300M and 800M races as well as the Javelin, Shot Putt and Long Jump.

Each event will be an individual competition against members from all four Houses and, by entering and competing, students will earn House points regardless of where they place. They will then gain additional points for where they finish in each event. Everyone's points will then be added together and the 2023 House winners will be announced.

So, what are the benefits of sports day?

Sports day gives students the opportunity to understand and develop their skills in a competitive setting, a skill that is highly likely to be required both in school and in a workplace.

Students who have a high-level sporting ability get the opportunity to show this to their peers and celebrate their talent.

Sports day brings the entire school community together and to show support to individuals and teams.

Physical activities and sport also have many benefits for the body including increased cardiovascular fitness, bone health, decreased risk of obesity, improved sleep, and better coordination and balance.

Reducing the amount of time spent in sedentary activities such as watching TV or playing computer games is also recommended and can be just as important as increasing physical activity.

Maybe taking part in one of the activities during Sports day will encourage your child to take up a new sporting hobby either outside of school or as part of our extra curricula clubs.

Who can remember Operation Lifestyle? I have memories of working with a group of my friends when I was in Year 7 cleaning and tidying the gardens of a local residential home. We didn't win any of the prizes but the memories of spending time with my friends and helping others were an achievement I have never forgotten. We have shared information with the students about how they can sign up for what is now just called 'Lifestyle' and be in with a chance of winning a holiday to London and PGL Adventure Centres, days out at Flamingo Land and Go Ape and much more.

All details can be found on the link below:

[Lifestyle - Youth engagement projects | Humberside Police](#)

Thank you for your continued support and please do contact us with any questions or concerns; hoy7@hessleacademy.com

Take care and stay safe

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Mrs Briggs

Assistant Head of Year 7

WEEK 36 - Friday 30 June 2023

My blog this week is more of a book review and is based on a book recently given to me by a friend, *The Salt Path* by Raynor Winn. The book tells the story of Raynor and Moth and how they lost their family home/farm where they had brought up their two children. It was also at this time that Raynor's husband, Moth, was told that he had a rare and incurable degenerative brain disease. So, in their 50s, homeless, without any of their possessions and a terminal illness to deal with they decided to walk the Southwest Coast Path from Minehead in Somerset, through north Devon, Cornwall and South Devon, to Poole in Dorset, via Land's End. A 630-mile walk, equivalent to climbing Mount Everest four times. It may seem like a bit of a depressing story but it's very inspiring and makes you realise that life is not all about bricks and mortar but about love, supporting each and resilience.

My husband and I try to have a similar view of life, not that we have any plans to walk 630 miles of a sea-swept Coastal Path and especially not with 2 children in tow. However, our holidays are always

an adventure, and we believe taking our children to see the world and experience new things is very important. We don't book holidays where we stay in the same hotel. Not that there is anything wrong with this and maybe it's something we will be doing as we get too old to move around but whilst we are fit and able and our children are happy to join us, we try to see as much of a country as we can. And by doing so our children will hopefully realise the importance of love, supporting each other and resilience.

Resilience is one of our school values and our aim is for all students to be determined, to not give up when things get tough and to have perseverance. We want our students to achieve their full potential, and this can only be achieved with a positive attitude to learning and the determination and dedication to do well.

In my final blog I will be focusing on preparing for Year 8 however before parents start to purchase new uniforms, please can I ask that you check the school uniform policy and if you are unsure of anything please email us for clarification.

The Hessle Academy - Uniform

Thank you for your continued support and please do contact us with any questions or concerns;
hoy7@hessleacademy.com

Miss Pinkney

Head of Year 7

Mrs Briggs

Assistant Head of Year 7