



# The Eagle

## Newsletter

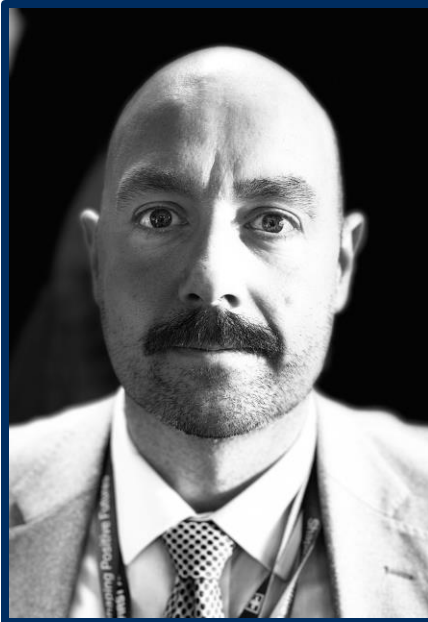


Year 8 - Volume 2

## Hessle High take on 'Movember'!



**Mr Parkin**



**Mr Chapman**



**Mr Sinclair**

Movember - the month formerly known as November - is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.

The aim - at Hessle - was to raise money towards the House Charities but also take the opportunity to allow staff to prioritise their own wellbeing a little more by having an increased number of socialising opportunities through being physically active. Staff participated in several different sports, including table tennis, badminton, volleyball and football. As well as this, the gym was open daily (as it always is), should that have taken anyone's fancy.

The amount of conversations amongst staff was great regarding the Movember initiative, whether it was joining up to take part in sport or laugh and talk about Moustaches (these conversations even extended out to students) - all in the name of mental health.



# Head of Year 8 Updates

Mrs Todd



Resilience isn't something that always comes easy. Grief, asking for help, and changes in the family are all challenges we can face at any age. With resilience, we can use healthy coping strategies and recognise what we need in those moments when life can be overwhelming, frustrating, and difficult.

Resilience is one of our school's core values. Every day we find ourselves involved in conversations where resilience is a core focus - students feeling sleepy, unwell, fed-up and peer fallouts. It is certainly a difficult value to help develop in our students, but we will continue to persevere and help them to see that having the ability to overcome difficulties will really help them as they move forward in their life.

In recent weeks I have seen some students start to realise that resilience in situations can be good for them. Some families shared sad news of bereavements, but said their child was coming in to school as they felt it would help them. We have had a few students needing medical appointments during the day, yet they come in first thing to get their mark and return for the rest of the day once they are done - even if they are not feeling their best.

One of my favourite movies is 'A League of Their Own' (1992). It tells the story of an American women's baseball league formed during WWII. When the best player in the league decides to leave the team and tells the manager that baseball "got too hard," he replies, "*It's supposed to be hard. If it was easy everyone would do it. The hard is what makes it great.*" When I think about resilience I think about that quote because resilience is what keeps us moving forward, climbing the mountain, and reaching for the stars when anything and everything else in life pushes back.

Audrey Hepburn once said, "Nothing is impossible, the word itself says, I'm possible!" This is a great quote to remind ourselves that with resilience we can achieve all sorts in our life.

## **Student in the spotlight - Chloe P (8P3)**

*In June of 2022, I was diagnosed with Crohn's disease (a part of IBD).*

*Nearly every week, before the diagnosis, I was taken for blood tests or given medicine by doctors who didn't know what was wrong with me. After 5 months, 2 blood transfusions, over 20 cannulas and 30 blood tests, whilst on a mostly liquid diet (plus fruit polos, polos, jelly, Bovril, and Foxes Glaciers) I was taken to Sheffield Children's hospital in an ambulance.*

# Head of Year 8 Updates

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*The next day, I was able to eat normal food again, but I continued with tests. I had an MRI two days later; this was my first MRI so I remember being terrified. The MRI took 1 hour. From this my diagnosis of Crohn's was given.*

*I continued to suffer from extreme tiredness, aches and pains.*

*After a week, I was able to go home and took with me 8 weeks' worth of steroids to make sure I was well enough to stay out of hospital. It was two months later that I had my next blood transfusion, and I was up the next morning doing Math with the hospital's teacher; seeing this, I was then able to go home at midday.*

*One month later I was introduced to my new specialist, whilst staying in hospital again. They helped me and I was back at school in time for my birthday.*

*I still must go for transfusions and treatment but have learned the importance of resilience and showing courage; as soon as I am able, I get back to school and push through.*

## **KS3 rewards trip**

At the end of the Academic year students will be given the opportunity to sign up for a KS3 rewards trip. The aim is for the students to share their ideas on where they would like the trip to be, however students must meet the following targets for 2 out of the 3 terms for them to go on the trip:

- 97%+ attendance in a term
- Less than 5 lates to lessons
- 30 and below negative points

Students have been tracking the above targets using their rewards passport during tutor time. Please discuss this with your child and how they can ensure they get to be part of this opportunity.

Mrs Todd

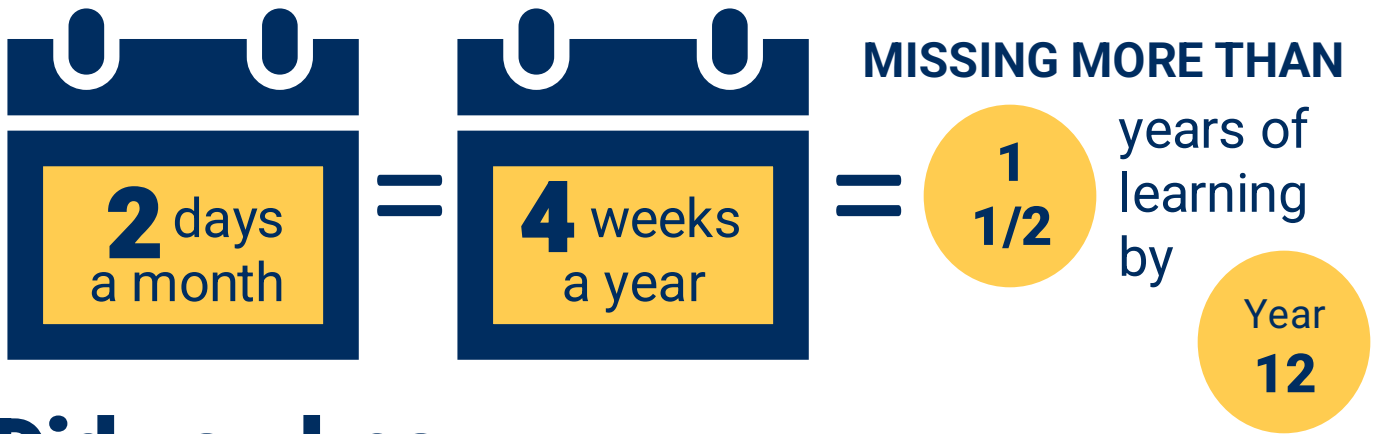
Head of Year 8

Mrs Davies

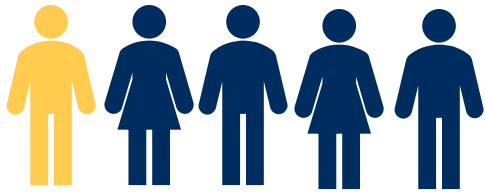
Assistant Head of Year 8

# Attendance Matters

every student, on time,  
every day



## Did you know



# 1 in 5

students don't attend  
school regularly

## It's never too late to improve attendance

- Going to school more often will make a difference
- Attendance habits will follow your child into work and life



## Schools are here to help.

## What families can do ...

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

## Each day missed ...

- Puts your child behind and makes it harder for them to catch up
- Can lead to lower achievement in reading and writing
- Can lead to gaps in learning
- Makes school completion less likely
- Makes the transition into a career less likely to be successful

Year 8 have been learning about force and motion and matter and pressure; they have had a chance to develop their science skills and investigate the relationship between force and extension and how density impacts ship building.



## Teacher Shout-Outs

Charlie, 8ab2 for his enthusiasm and fantastic engagement every lesson.

### Upcoming Curriculum/Events:

One of the topics you will be studying this term is acids and alkalis – discover how Miss Norman made such a colourful Christmas 'Chemistree' using indicators!

The other will be particles and structure which starts with elements and the periodic table. Students will discover what all materials are made from and how they bond together to form different substances.

After February half term, students will move on to studying physics topics all about magnetism and electricity.



# Geography

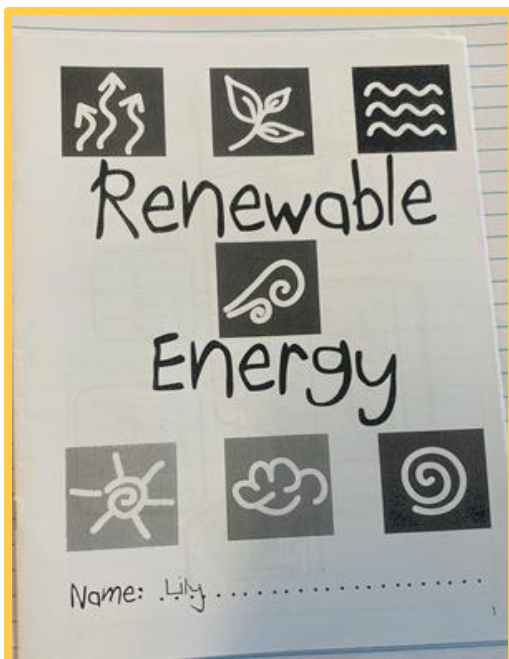
Year 8 have had a busy term studying the 'Can the Earth Cope?' topic. This has involved studying climate change and ways in which we can reduce the impact by using renewable energy.

Year 8 have also read a novel called 'Trash' which looks at the impact of children scavenging on a rubbish tip and the issues that creates. Students developed their reading skills as well as finding examples of geography in the novel. Students followed this up by investigating plastics pollution and wrote a letter to Keir Starmer on the importance of reducing our dependence on plastics. Some great environmental geographers have developed this term in Year 8.



## Teacher Shout-Outs

Henry W and Ava-Rose H, 8P – well done on excellent homework and attitude in lesson



## Upcoming Curriculum/Events:

'Can we ever know enough about earthquakes and volcanoes to live safely' is the next unit to be studied. This will include studying earthquakes and volcanoes around the world in places such as Iceland and Nepal

# Technology

During the first term Year 8 Product Design students have researched designers, design movements and have developed design concepts for their clock inspired by the Memphis design movement. As part of the design process students have developed an understanding of the impact that modern manufacturing methods have on society and the environment.

In Textiles students have been investigating global issues, climate change and sustainability. Focusing on design responsibilities, students have used their textile skills to upcycle old socks to produce a sock monkey.

The food students have started the year looking at bacteria and developing an understanding of how storing food correctly can help prevent food poisoning and how the temperature and conditions can impact this. During this rotation students have learnt about different heat transfer methods and applied this theory in practical cooks. Students have prepared and cooked chicken curry, smoky pasta and flat bread pizzas.



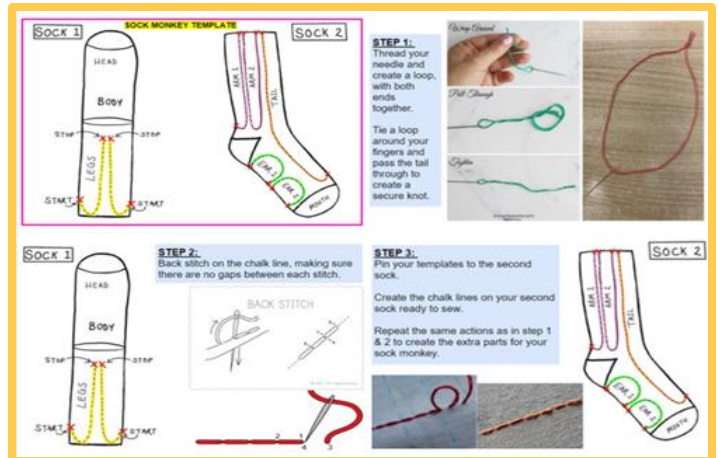
## Teacher Shout-Outs

Poppy B, 8ef – Excellent attitude and engagement in Textiles

Bethany R, 8ab – Outstanding effort in Resistant Materials

Ethan T, 8ix – Outstanding engagement in Food

Max S, 8ix – Super contributions in food lessons



# Business and ICT

Year 8 have started the year off with creating their own logos in software called Inkscape. They have been learning about vector graphics and have created a logo based on their own theme park idea. We are extremely impressed with the effort that students have put into these. Well done!

This term Year 8 have been learning about computer systems and how computers work. They will be completing a task over the next few weeks where they must help Billy shop for a new computer system with a budget. We can't wait to see what they come up with.



## Teacher Shout-Outs

Ethan T, 8W – for completing a great logo

Harley M, 8V – creating a great logo and helping others in lesson

Poppy-Mai G, 8V – always working hard in ICT

Calliah N, 8W – always giving 100% in lessons

Thomas J, Maggie A, George W, 8L  
Tamara F, Riley G, 8P

Evie W, Logan T, Charlie H, 8Q  
Ella L and Tyler G, 8U  
Archie U and Rory Y, 8Y

Upcoming Curriculum/Events:

Creating our own websites using HTML code.



# History

This term students have been learning about the Trans-Atlantic Slave Trade and the abolition of slavery. During this topic, students have analysed historical sources and engaged in challenging discussions about attitudes towards slaves, their experiences on the Middle Passage and their lives working on plantations.

Students have also been considering the efforts of those who brought slavery to an end with a particular focus on the work of individuals like William Wilberforce and Olaudah Equiano. They have learnt about the techniques used by abolitionists to convince the British public and Parliament to end the slave trade.



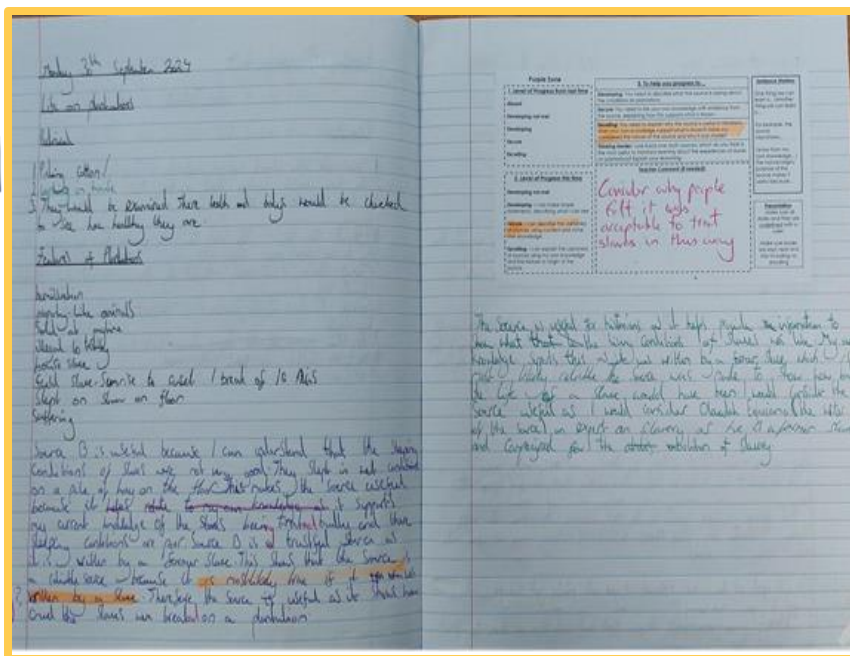
## Teacher Shout-Outs

Maggie A, 8L Is really enjoying her History this year and is working hard with excellent results

Evie W, 8Q Has been working hard and persevering when she finds tasks challenging

Ollie M, 8V Finds History challenging but puts in lots of effort and is always happy to share his ideas

Ethan Tash, 8W Always tries his best, completes work to a good standard and if he finishes early he helps those around him.



## Upcoming Curriculum/Events:

In the next term Year 8 students will be learning about the impact of the Industrial Revolution and how far it can be considered a period of growth. Students will learn about the experiences of those who worked in the factories that powered the Industrial Revolution as well as the technological advancements that benefitted Britain.

In this first half term our Year 8 students have been exploring Blues music. Our students started by looking into the past and exploring the origins of how the music developed before they then started working on their practical tasks. On the keyboards students have been learning how to play certain characteristics of the Blues such as the 12 bar blues, improvising and the blues scale.



## Teacher Shout-Outs

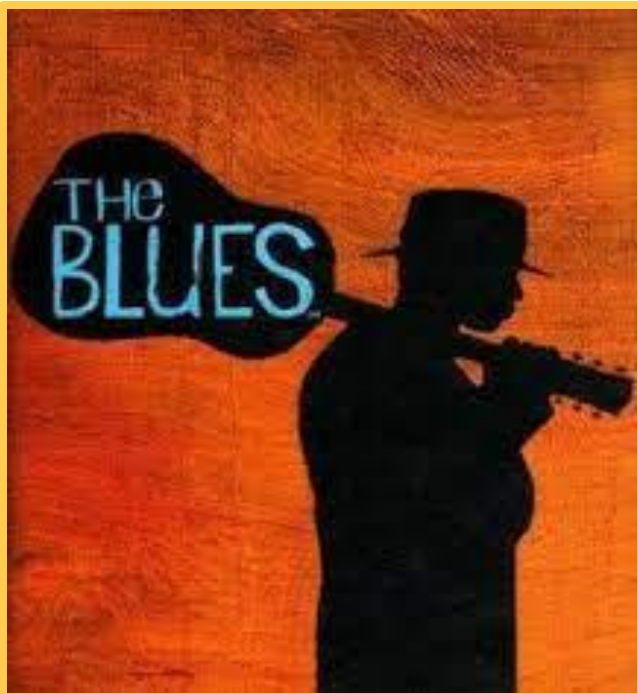
Dmitrij C, 8J  
Rory Y, 8Y  
Ava W, 8R  
Mason S, 8R  
Ramah A, 8W  
Archie U, 8Y



### Upcoming Curriculum/Events:

Rehearsal time for all students every Tuesday in F25, 3pm – 4pm.

Spring term curriculum – Theme & Variation, Film Music



# Drama and Dance

For the first term of the year in Drama students have begun by focusing on the Actor Toolkit. Students have been revisiting the fundamentals of acting skills, how to create an engaging narrative and learning to use a stimulus to create a devised piece. This has enabled students to continue building their confidence in sharing ideas, leading a group and performing in front of peers. Students have also explored techniques in how to create and develop a character.



## Teacher Shout-Outs

Chloe P, 8K  
Evie G, 8J  
Theo H, 8J  
Dmitrij C, 8J

Upcoming Curriculum/Events:

School Production of GREASE the musical – March 2025

# Orlando House Updates



I would like to congratulate Orlando House for their continued hard work, commitment and enthusiasm. So many of our students continue to go above and beyond to represent our house in an array of academic and extra-curricular activities. Some of the highlights of the first term have been:

- Thousands of positive House Points collated by our students across all year groups
- Positive relationships being built within tutor groups
- Continued fundraising activities in support of our house charity WISHH



I would also like to congratulate all the students and staff in Orlando house who contributed and spent money at our Christmas Fayre on Wednesday 4<sup>th</sup> December. This was a fantastic whole school event that has raised money for out 4 house charities. Special shout outs for outstanding effort go to:

- Riley G 803 for superb support

Well done Team Orlando.

Mr Adams

Head of Orlando House



# Portia House Updates



As the winter term draws to a close, I would like to thank all the students in Portia house for their hard work and determination in lessons and their commitment to our wider school enrichment through attending clubs. When students go above and beyond the expectations of day-to-day school life, or they consistently keep getting the basics right, they receive house points which not only accrue to the house total, but students can also pick up some milestone prizes along the way.



In my last update, Portia were 2 in the running for the House Cup but now we are in 1 place with 132,702 house points which is testament to everyone's resilience and determination to be the best version of themselves. Outstanding work Portia House! Congratulations to 7P1 who continue to have the highest total per tutor group with 14,147 house points. Just a reminder that if any members of Portia House have any successes or achievements accomplished outside of school time, then please let your tutors know so they can pass them on to me for a special mention, additional rewards and house points in our termly Celebration Assembly.

We hosted our first House Collaborative Christmas Fayre which was a tremendous success. All the students and staff involved should be incredibly proud of themselves for their commitment and creativity in making crafts, baking sweet goods, donating items for tombola or creating games to play. Two Year 11 students also sang which added an extra sparkle to the event. We raised £1067.85 shared between the 4 house charities and endeavour to develop the event next year to be even more spectacular. Thank you to everyone who came to support and contribute to the event, creating a day of community spirit.

I have continued to meet with our team captains to plan and organise charity events for the year. Unfortunately, Portia House must postpone our event in January due to an injury I sustained but plans are continuing and a new date will be published very soon. Thank you to those students who have already volunteered to support the charity day. More details to follow.

I would like to end with reiterating how incredibly proud I am of all the students in Portia House in how they are continuously demonstrating our school values and in how they are striving to demonstrate the best versions of themselves. Go Portia!

Mrs Foster  
Head of Portia House



# Cassio House Updates



As we reach the end of the Autumn term, I am pleased to share the latest updates and highlights from our school community. This edition of our newsletter brings you a glimpse of the exciting events, achievements, and creative endeavours that have made this half-term truly memorable.

The team is showing their focus and determination to maintain their lead as the competition progresses by adding a further 30,000 House points within this half-term.



Students in the Spotlight leading the way for House points for each year group:

Sami C (8C1) with 594 points, Tommy R (8C3) with 527 points, and Tyler G (8C3) with 524 points.

These students are setting the pace in their respective year groups and contributing significantly to their House's success.

I am delighted to share that this year's Christmas Fayre was an overwhelming success, bringing together the community in a celebration of festive cheer and local spirit. The event exceeded expectations, with many students and visitors flocking to enjoy the magical atmosphere and a wide range of activities. This year's Christmas Fayre featured a stunning collection of handmade crafts, including crocheted decorations/accessories and Christmas Cards and Calendars, created with care and creativity by our talented students. Their works added a personal, heartfelt touch to the event, and visitors were delighted by the variety of festive items on display. The total amount raised was staggering and will be making a considerable donation to each of the House Charities respectively. Cassio's House Charity this year is 'Roux's Army'. The amount will be shared with students in the upcoming House assembly ...

Mr Griffiths

Head of Cassio House



# Ariel House Updates



Ariel house have worked tirelessly throughout the school term. Students have been working hard on collecting many house points and already started lots of fundraising for our house charity, Humber Rescue.



Many of our Ariel students have gone the extra mile, joining after school clubs, partaking in extra-curricular trips and events and working hard with lots of rewards earned! The first set of house point rewards have gone out, keep up the hard work to reach your next milestone! Well done to all!

Ariel House did an absolutely amazing job at the Hessle High School Christmas Fayre! All students got involved with tutor activities/games/crafts to sell at the fayre. Some students even went the extra mile and made their own crafts and bakes at home. Fantastic effort by all!

I want to thank all students, parents and staff who managed to get involved with this event and we really appreciate your support towards our house charity.

Looking into the new term, we will be focussing on our charity day and more activities for students to be involved with.

Miss Deveney

Head of Ariel House



# House Points



**131781 132702 123702 118032**

## Extra Curricular clubs

Please see our **Extra Curricular clubs** available;

Club	Year Group	Club	Year Group
Badminton	Year 7 to 10	Choir	Year 7 to 11
Art Club	Year 7 and 8	Grease Dance Rehearsals	Year 7 to 11
Rugby	Year 7 to 11	School Production Rehearsals	Year 7 to 11
Netball	Year 7 to 11		
Fitness/Gym	Year 7 to 10		
Boys Football	Year 7 to 11		
Tigers Trust Girls Football	Year 7 to 11		
Cheerleading	Year 7 to 11		
Bridgehead Project	Year 7 to 10		
Scalextric/ Electronics & Greenpower	Year 7 to 10		
Open Music Rehearsal	Year 7 to 11		



# Key Dates and Notices

School Closes for Half Term

Friday 14 February 2025

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

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

During the week commencing 3 February, we will be trialling a potential new lunch format. To learn more click [here](#).

