



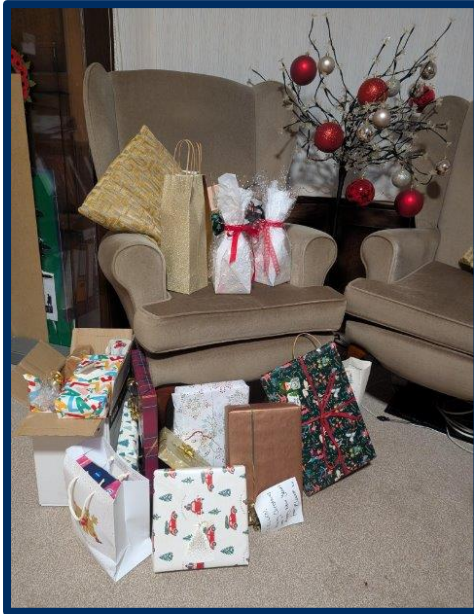
The Eagle

Newsletter



Year 10 - Volume 3

Hessle Staff provide stacks of gifts to Redstacks Care home!



Each year our staff body support a local charity at Christmas time which allows us to give back to the neighbouring community. This year we chose Redstacks residential home and wanted to support both their staff and residents. We appreciate all the hard work the staff carry out, knowing full well that we may require the same care for ourselves or our loved ones in the future, and we wanted all residents to feel valued.

Redstacks wrote gift labels with everyone's name and a wish for a gift and then these were shared amongst staff. So popular was the collection that each was gifted 2 presents, totalling almost 80 gifts altogether! They filled both a boot and a back seat and took 4 staff members to load!

The care home was overwhelmed by the thought and care that had gone into the not only the gifts but also the lovely cards, messages and wrapping.



Head of Year 10 Updates

Mr Julian



Within this edition of the School Eagle, we are looking at the key school value of 'Kindness'.

Kindness in school is important for several reasons, especially where fostering positive environments is essential for both academic and emotional development. Here are a few reasons why kindness is so significant:

- **Improved Mental Health:** Kindness helps reduce stress and anxiety, creating a supportive atmosphere. It encourages emotional well-being and resilience among students, particularly as many young people in schools face pressures related to academic, social interactions, and other personal challenges
- **Positive School Culture:** A kind, respectful environment contributes to a positive school culture where students feel valued and safe. This not only leads to greater student satisfaction but can also improve attendance
- **Promoting Inclusivity:** Kindness fosters an inclusive environment where all students, regardless of their background or abilities, feel welcome and accepted. This can help reduce discrimination or isolation and improve relationships across diverse groups
- **Academic Success:** When kindness is embedded into school culture, students are more likely to engage, collaborate, and be motivated to do their best. Positive interactions can enhance the overall learning experience and encourage teamwork, problem solving and critical thinking
- **Social Skills Development:** Schools are not only places to learn academic subjects but also environments where students develop essential life skills. Kindness plays a key role in helping students build empathy, cooperation, and communication, all of which are crucial for success both in and out of school

At this point I would like to offer a special mention to several Year 10 students who deserve recognition for their incredible hard work and dedication in their respective fields. Erin C. who recently came 8th whilst competing in the East Riding Year 10/11 Cross Country Event. Erin has now qualified for the English Schools Cross Country Championships in East Sussex. A huge congratulations, we all wish you the best of luck.

Head of Year 10 Updates

Sophie A. continues to make huge progress in her indoor Archery sessions, winning several local competitions and coming 7th in the Junior National Indoor Championships, smashing her personal best. Even more impressively, Sophie has been ranked 42nd with Archery Great Britain. Receiving a GB Junior Ranking is an incredible achievement and with several competitions coming, we wish her all the absolute best.

Also, Lucas C. who has won a further two Gold Medals and a Silver Medal whilst participating in the recent Yorkshire Swimming Gala. Lucas received a Gold Medal for the 400m Freestyle, 200m Freestyle and a Silver Medal for the 200m Fly.

To say that I am proud of their achievements is a huge understatement, and I wish them the best of luck in their next round of events. We love to praise the achievements of our students, please contact the Year Team if you know of a student who deserves recognition.



Mr Julian
Head of Year 10
Mrs Green
Assistant Head of Year 10

Attendance Matters

every student, on time,
every day



=



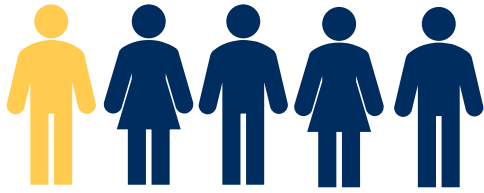
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years of
learning
by



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

Attendance	Average Grade
Above 95%	5.4
Below 90%	3.1

What families can do ...

- ✓ Be firm: send your child to **attendance** 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

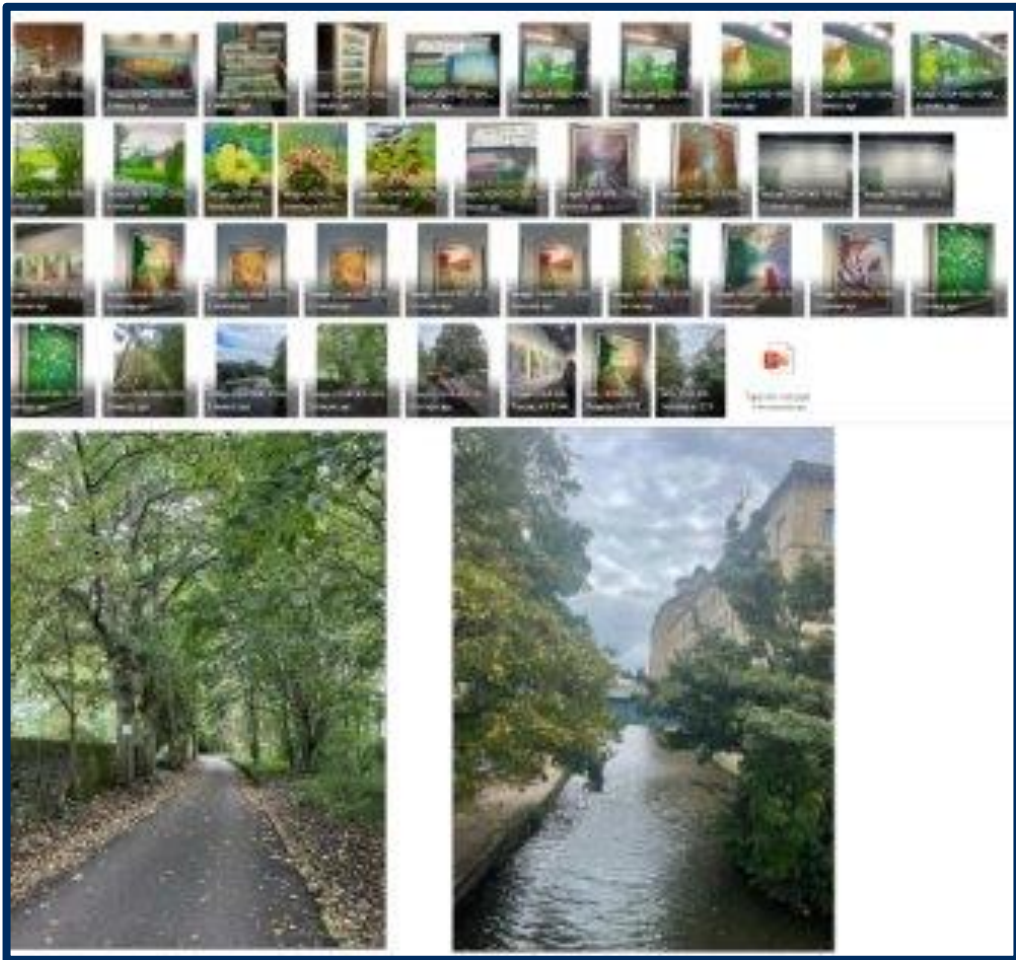
Each day missed ...

- Makes school completion less likely
- Makes the transition into a career less likely to be successful



Schools are here to help.

Students are working on their final pieces inspired by their own photoshoots in the style of David Hockney.



Teacher Shout-Outs

Scarlett FC 10Q
Maddie E 10Q

Caitlin D 10R - Resilience, determined to complete successful editing techniques - even when it's extremely frustrating!

Upcoming Events/Curriculum:

Students will start their sustained project on Portraits after the half term

This term in GCSE PE, Year 10 students have been diving into key topics that build their understanding of human movement and the mechanics of breathing. Here's a summary of what they have been covering:

Movement Analysis: Levers, Planes, and Axes

- Students have been learning about how the body moves efficiently using different types of levers, planes, and axes.

Mechanics of Breathing and the Respiratory System

- Students have also been studying how the respiratory system supports physical activity including key terms and definitions on how the body responds to exercise during respiration.

This knowledge is essential for understanding how the body performs and adapts during physical activity. Keep up the great work, Year 10!

A huge well done to our incredible cross-country team for their outstanding performance at the **2025 Humberside Schools Cross Country Championships in Scunthorpe!** **Gilby W 10P2 (3rd), Erin C 10P3 (8th), Clemmie W 10P1 (19th), Lucas C 10C1 (50th) and Tom D 10P3 (19th)**



**Teacher
Shout-Outs**

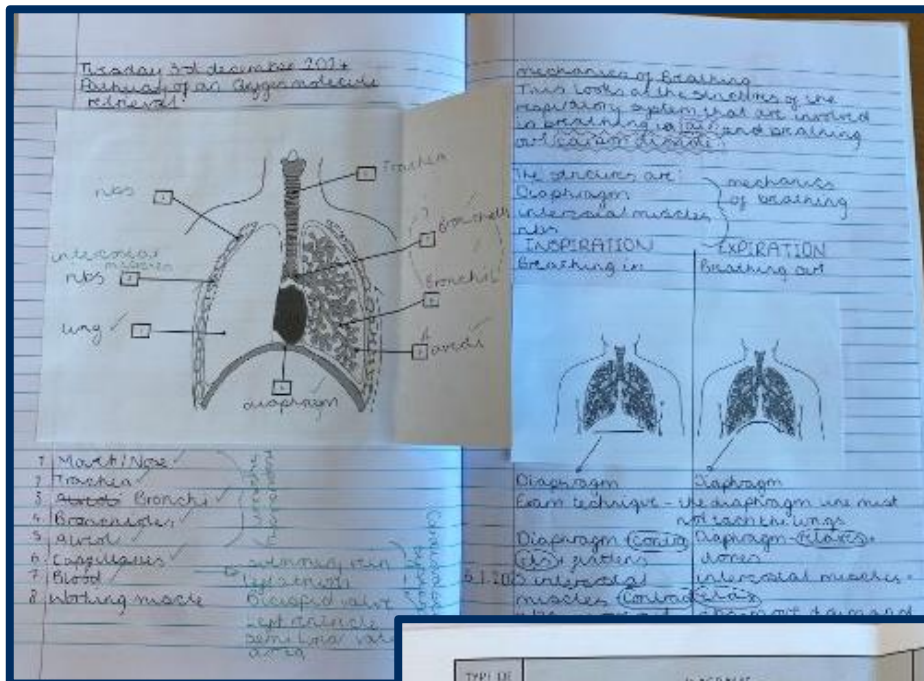
We are thrilled to celebrate their fantastic effort, with Gilby W 10P2 (3rd), Erin C 10P3 (8th) securing a spot at the prestigious English Schools Cross Country Championships held in East Sussex!

Your hard work, determination, and resilience have truly paid off. We are so proud of you and can't wait to see you represent us on the national stage. Best of luck—keep pushing forward!

Upcoming Events/Curriculum:

Physical Training Topic –

- Components of Fitness
- Principles of Training
- Methods of Training
- Benefits of a warm up and cool down



TYPE OF LEVER	DIAGRAMS	DESCRIPTION	PRACTICAL EXAMPLE
First Class			Fulcrum is the neck effort - trapezius - head neck
Second Class			Fulcrum is the ankle effort - gastrocnemius - tennis ballet dancer on pointe - Take off phase in long jump ankle
Third Class			Fulcrum is the elbow effort - biceps - curl elbow

This term, Year 10 have taken the first steps upon the windswept heaths of Macbeth's Scotland, discovering the dangers of ambition, whilst also navigating the equally dangerous streets of Victorian London at night, in *The Strange Case of Dr Jekyll and Mr Hyde*.

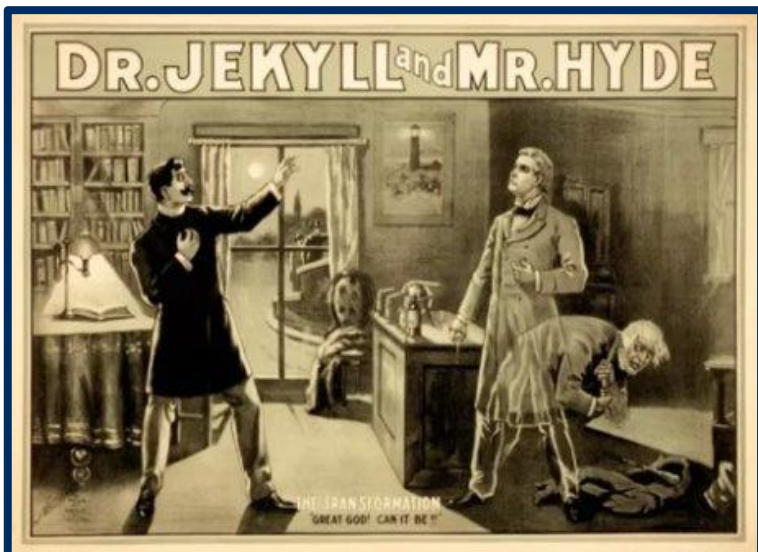
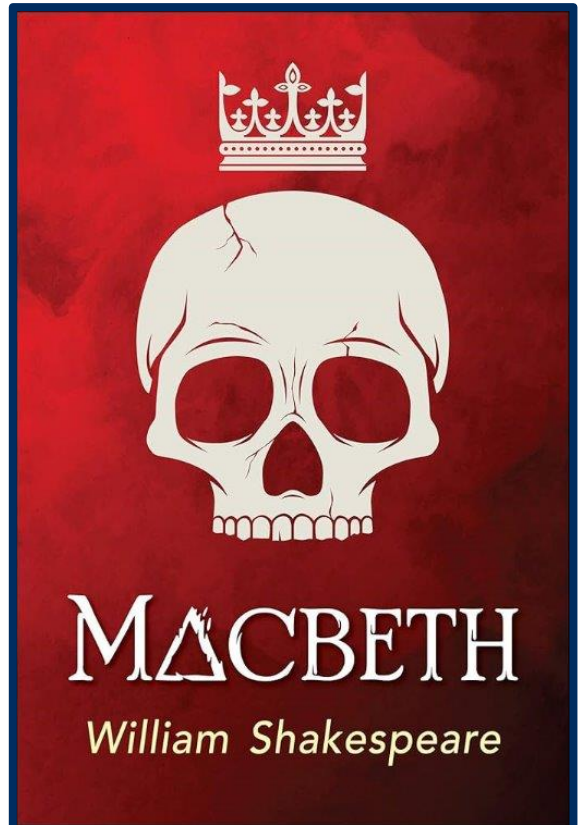


Teacher Shout-Outs

Jacob S, 10N2 and Phoebe S, 10N3 – Demonstrating incredible aspiration by attending Year 11 after-school revision sessions... a year early!

Sam W, 10W2 – Always contributing excellent answers in class and demonstrating impressive resilience in facing the challenge of *Macbeth*.

Jack E, 10S – Consistently superb effort and attitude to learning.

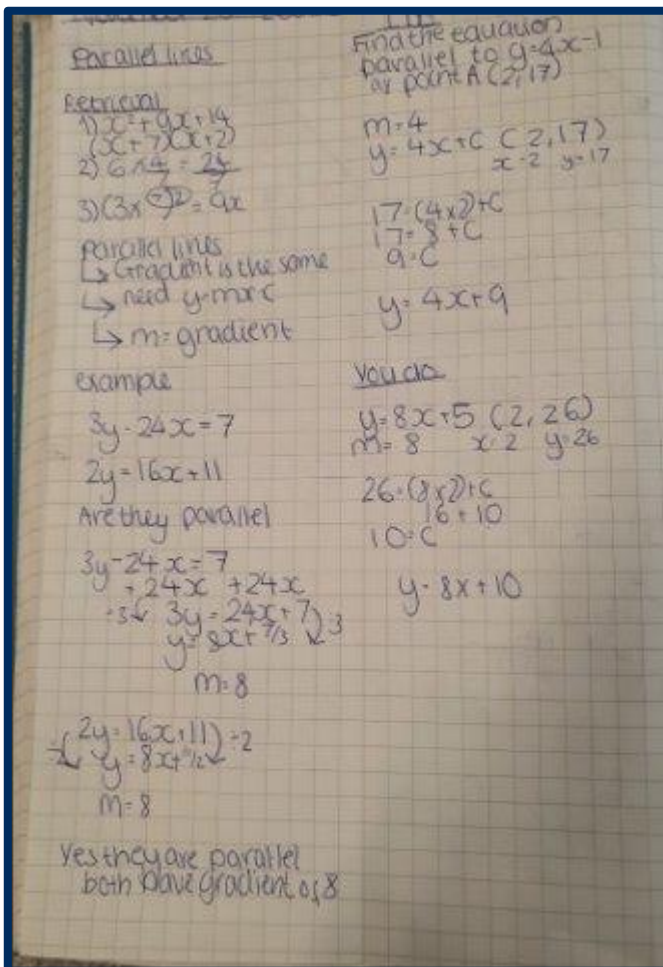


Upcoming
Events/Curriculum:

Homework is set on Educake and posted on Teams every Monday, and provides vital revision of the two new GCSE English Literature texts that students have begun studying this term.

Year 10 have worked on a variety of topics over the last term. All classes have had a focus on ratio, fractions, and percentages. This makes up a large part of their GCSE exam, from basic arithmetic up to complex multi-step problems. This is a topic that our students will continue to develop throughout their GCSE course and will become a staple in their problem-solving toolkit!

Year 10 have also developed their understanding of linear equations, the foundation tier students have consolidated their learning by exploring linear sequences, and the higher tier have developed their understanding by applying linear equations to graphs.



Teacher Shout-Outs

Saliha 10E1 for Aspiration
 Jack H 10E1 for Aspiration
 Archie F 10N3 for Resilience
 Jenna K 10N3 for Aspiration
 Noah-Michele 10N3 for Resilience

Upcoming Events/Curriculum:

The Year 10 students will sit mock paper in the next half term.

Useful revision resources:

<https://bit.ly/4aWd1E3>

<https://bit.ly/4hQfX7I>

<https://bit.ly/4hJ8UNl>

All students are set homework Via Pearson Active Hub. Please contact your class teacher if you are unable to access your homework

Year 10 this half term are looking at the topic of Religion and Conflict. Themes covered include; how wars start, religious views of war, pacifism and nuclear war. We will be reading excerpts from Tim O'Briens The Things They Carried.

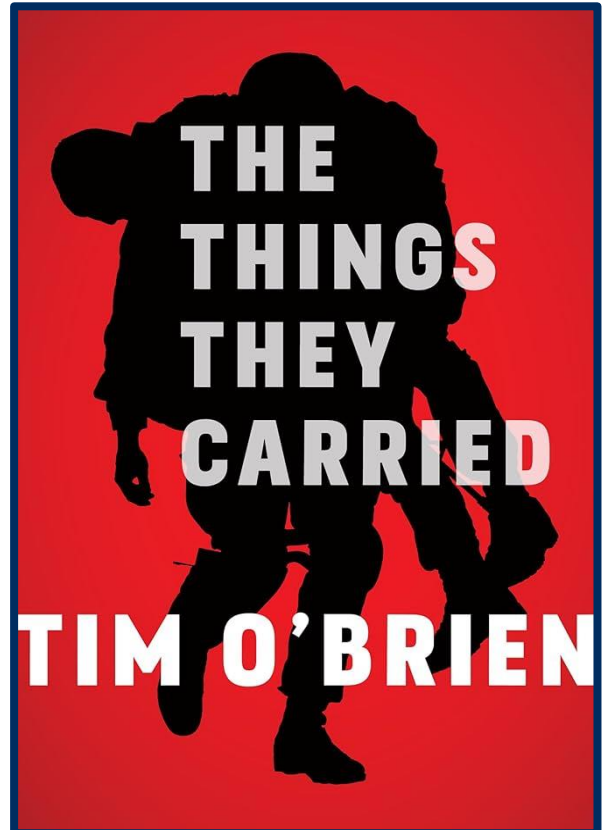


Teacher Shout-Outs

Shoutouts to 10N2 for having great class discussions about Sergeant Doss, being a Conscientious Objector and its implications for today's society

Upcoming Events/Curriculum:

Next term we will be studying the topic of Wealth and Poverty and its impact on society as well as religious beliefs about the accumulation of wealth.




Modern Foreign Languages

Students have been working hard on 3 tenses in the topic of Holidays and also exploring the demands of the speaking exam. There are a lot of tricky sounds in French, but they are doing well with this. After half term they will have the chance to put this into practice with a mock speaking assessment.



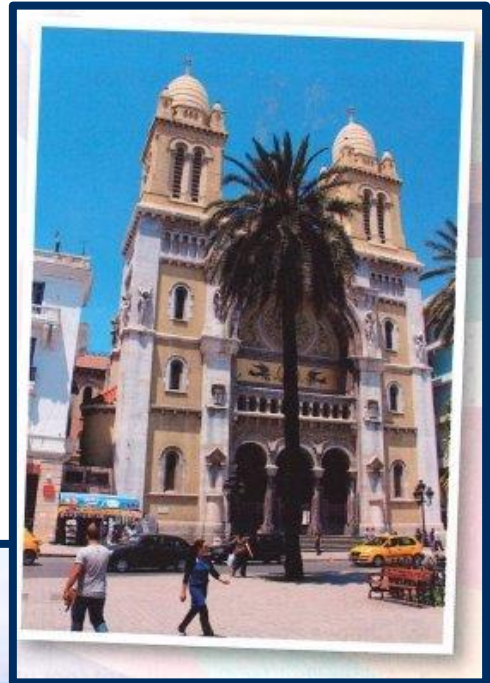
Teacher Shout-Outs

Well done to our MFL stars for their great attitudes;
Alanah B 10P
Jacob S 10N
Phoebe S 10M

 In pairs, look at the photo and take turns to ask and answer the questions.

- Parle-moi de la photo.
- Quelle est ta ville préférée? Pourquoi?
- Parle-moi de ton dernier voyage scolaire.
- Où iras-tu pour tes prochaines vacances?

Ma ville préférée, c'est...	parce que / qu'	c'est	intéressant / beau. passionnant.
		on peut	faire / aller / visiter / voir...
Pour mon dernier voyage scolaire, on		est allés...	
		a visité / fait / vu...	
Pour mes prochaines vacances, j'irai / je resterai / on ira / on restera...			



Upcoming Events/Curriculum:

Congratulations to those students who successfully secured a place on the Year11 French trip (Dec 26) to Lille Christmas market!

Alternative Curriculum

Last term, our fantastic 10F passed their Functional Skills Maths and English exams. They have worked so hard and we are so proud of every single one of you.



Teacher Shout-Outs

Ava well done for passing
Entry Level 3 English with full
marks.



Upcoming Events/Curriculum:

Sophie for showing increased
maturity and showing a great attitude
to learning.

Orlando House Updates



Orlando has seen a change in Head of House over the last few weeks and I am excited to work alongside our team captains to help raise money for charity and continue to hold a competitive stance for the house cup.

Orlando students have come back after the new year poised and ready to follow the school values, with many of them showing each one.

Our students are continuing to work hard and get house points with our current house point total standing at 148,608, a huge increase in this term alone! Well done everyone.

Our top students of this half term:

Year 10: Harvey D 1001 (305), Lilly J 1001 (254), Samuel K 1001 (248), Dexter O 1001 (224), Oliver D 1001 (221).

Next term:

This term contains our charity day which will be taking place on the 2nd April. Students will be able to come in their PE kit on that day and the events will be revealed in due course.

Other competitions will be taking place as well including a 'new life' photography competition, design an easter egg and quizzes, all for students to get involved with to win house points.

Mr Adams
Head of Orlando House



Portia House Updates



The new year has got off to a flying start for Portia House! Students continue to exceed expectations both inside the classroom through adopting positive attitudes to learning and through consistently demonstrating our core values. Portia have retained our leadership in the race towards the House Cup and have added a further 37,731 points to our total which now stands at a whopping 154,281. Special shoutouts to the top scoring tutor groups in each year group:



10P1 – 9022

The top students in the house are Lily M 10P1. More students will be highlighted and celebrated during our end of term House assembly in the final week of term where students will receive prizes for their efforts this term.

Looking forward to the weeks ahead, I have some exciting news about upcoming events to get involved with that will raise awareness and money for our House Charity, Downright Special. We will soon be asking for contributions to our Easter Hamper competition whereby the hamper will be won by a lucky individual. Raffle tickets will be available to purchase at school after the February half term break and all proceeds will go to our house charity. We also plan to have a bake sale for Down Syndrome Day which is 21 March, a date chosen to represent the additional 3rd copy of chromosome 21, present in people with Down Syndrome.

More details will follow in tutor period with how members of Portia House can get involved with baking and selling delicious treats and baked goods.

As Spring is trying to make an appearance through the slight stretch of the evenings, we will also be launching a 'New Life' Photography competition where students can be awarded additional House Points and prizes for participation and also winning the competition. Information of all these events will be shared during the tutor programme in due course.

Please congratulate your children on their positive contributions this year through being valued members of Portia House, we continue to all be very proud of them all and look forward to more amazing work.

Mrs Foster
Head of Portia House

Cassio House Updates



Welcome to a brand-new year, full of fresh opportunities and exciting possibilities! As we step into 2025, we are filled with optimism and enthusiasm for all that lies ahead. Together, as House Cassio, we will make this year one of achievement, creativity, and community. The aim is to embrace the new year with energy and excitement, ready to take on all the challenges and triumphs that will come our way! And without further ado, I am pleased to share the latest updates and highlights from our school community.

Cassio has made a strong start to the year regarding the House competition, with a total of 159,723, adding over 55,000 house points since the start of the year. The team has shown great resilience since we returned to School in the New Year after the Christmas break. This will put us in a great position amongst the competition as the School Year progresses and I am excited to see where we finish as a House. Students in the Spotlight leading the way for House points for each year group:

Year 10: Noah-Michele I (10C3) with 686 points, Lauren K (10C1) with 637 points, and Dylan F (10C1) with 620 points.

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

The end of 2024 saw a significant contribution made to the House charities, raised through Hessle High School Christmas Fayre. The total raised on the day was £1067.85 and therefore, £294.71 going to Roux's Army.

As we start the New Year, there are many more exciting challenges and competitions that lie ahead. As a House team, we will be asking for donations towards an Easter Hamper to be raffled and raise money for the House charities. Tickets will be available after February half-term for students to buy. The Spring 'New Life' photography competition will be launching soon, and this year's Cassio Charity Day has a confirmed date of Thursday 8th May. More news regarding this to follow in the next Newsletter.

Mr Griffiths
Head of Cassio House

Ariel House Updates



Ariel students have worked extremely hard this half term. We have experienced the post-Christmas buzz,, the winter bugs and a lot of tired heads, but all students have come to school, positive and more determined than ever. I am incredibly proud of all those who turn up each day and continue to do the correct things.

January is over and it's been nice to hear what students have been up to with their new year's resolutions. So many students are trying new challenges, determined to achieve a goal or just simply be a bit more positive this year. If your resolutions are still going strong, you are doing amazing! Keep it up!

We have been busy fundraising for our house charity 'Humber Rescue'. We have already surpassed last year's total and are super excited to get working on more fundraising events in the second half of the school year.

I have been meeting with my team captains to start planning for our charity day which is set to be at the end of February. Unfortunately, this has had to be postponed and rearranged now due to Year 11 mocks and we want to make sure that all students can be involved, so new date incoming. Thank you to all students who are already keen to help and are ready to volunteer. More details to follow.

Students in the spotlight this half term for house points:

Daniel W (10A3) with 224

Top 3 tutor groups for house points:

7A2 with 3470, 9A3 with 3230 and 9A1 with 3200.

Everyone is absolutely smashing it, keep up the hard work and collect as many house points as possible.

So far this year, Ariel students have collected: 142,055 House Points!

Miss Deveney
Head of Ariel House

House Points



154281 159723 148608 142055

Extra Curricular clubs

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

Club	Day	Year Group	Club	Day	Year Group
Badminton	Monday	7 to 10	Choir	Wednesday	7 to 11
Rugby	Monday	7 to 11	Grease Dance Rehearsals	Tuesday	7 to 11
Netball	Tuesday	7 to 11	Open Music Rehearsal	Tuesday	7 to 11
Fitness/Gym	Wednesday	7 to 10	Dungeons & Dragons	Friday	7 to 11
Boys Football	Thursday	7 to 11			
Tigers Trust Girls Football	Thursday	7 to 11			
Cheerleading	Friday	7 to 11			
Bridgehead Project	Wednesday	7 to 10			
Scalextric/ Electronics & Greenpower	TBC	7 to 10			

Key Dates and Notices

Whole School Production

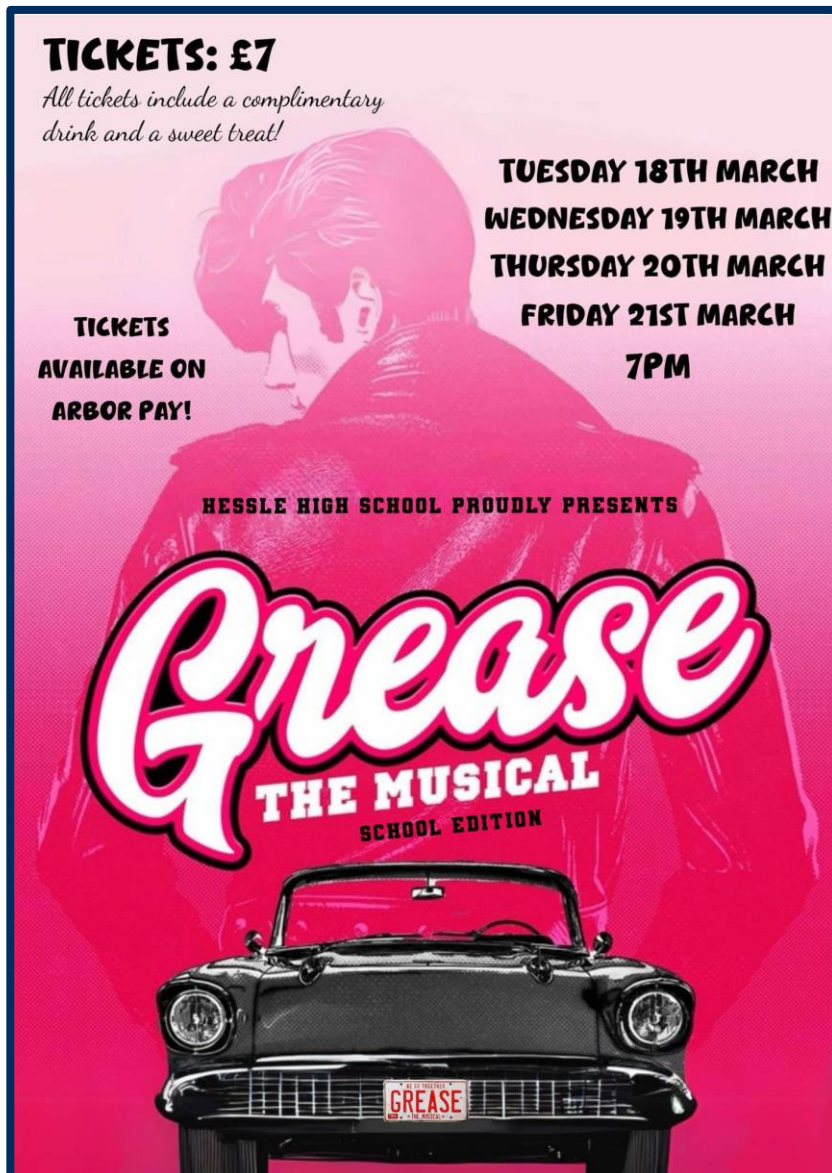
w/c Monday 17 March 2025

School Closes for Half Term

Friday 4 April 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](#).



TICKETS: £7
All tickets include a complimentary drink and a sweet treat!

TUESDAY 18TH MARCH
WEDNESDAY 19TH MARCH
THURSDAY 20TH MARCH
FRIDAY 21ST MARCH
7PM

TICKETS AVAILABLE ON ARBOR PAY!

HESSLE HIGH SCHOOL PROUDLY PRESENTS

Grease
THE MUSICAL
SCHOOL EDITION

GREASE

The poster features a pink background with a silhouette of a man in a leather jacket. At the bottom, a classic black car is shown from the front, with a license plate that says 'GREASE'.