

# Haileybury Turnford

AMBITION • PRIDE • SUCCESS

Year 7 Student Bulletin Vol. 6 Date: 15<sup>th</sup> July 2021

## A MESSAGE FROM MISS ALLINGHAM

Hi Year 7!

What an amazing year you have had! It has been an unusual year but you have adapted to changing circumstances incredibly well and should be so proud of yourselves.

You have contributed amazingly to our school community and the 63,824 achievement points you have been awarded this year reflect that!

I wish you every success as you move into Year 8 and I hope you enjoy your summer!

Miss Allingham

## Top Ten Achievement Points



**Well Done!**

For this half-term



Florence Gasson	155
Alex Martorana	153
Sophie Jhurry	146
Grace Bliss	136
Daniel Ashton	135
Dylan Verrier	127
Hannah Lowin	121
Britney Siaw	118
Emily Bangura	116
Leyla Steward	115

## Form Group Achievement Points

### This Half-Term

<b>7 Pankhurst</b>	2,373
<b>7 Austen</b>	1,940
<b>7 Shackleton</b>	1,855
<b>7 Bader</b>	1,572
<b>7 Bevan</b>	1,415



Well done with your excellent efforts with Spellzone so far. Make sure you keep logging onto Spellzone over the summer!

# Your mental health and wellbeing is important.



**The Five Ways to Wellbeing** are steps that we can take that have been proven to increase our sense of wellbeing.

**Wellbeing** means much more than simply not feeling ill or fed up. The World Health Organization defines health as 'a state of complete physical, mental and social wellbeing'. When we feel happy, healthy and content, we have **positive wellbeing**.

It is important to understand that the 5 ways of wellbeing should be practised everyday in small ways. You probably do lots of this everyday without knowing. By doing these, your body makes lots of 'happy' chemicals that flow through your body and naturally improves your wellbeing.

Our brains manage how we feel. How we feel has an impact on our **physical** and **mental health**.

If we are experiencing bad things, such as being left out of our friendship group, experiencing the loss of a loved one, our brains make us feel very low. But, if we are experiencing good things, like someone being kind to us or exercising, our brain makes us feel good, happy and fulfilled. Our **mental health** has ups and downs on a daily basis and this is because of how our brains make us feel.

## The Five Ways to Wellbeing are:



**Connect.** Good relationships are important for our wellbeing.

**Be active.** Being physically active improves our physical fitness and mental wellbeing by raising our self-esteem and giving us a sense of achievement.

**Take Notice.** Paying more attention to things around us can help us to feel calm and peaceful.

Sometimes, this is called mindfulness.

**Keep learning.** When we adopt an attitude that there is always something to learn, we increase our wellbeing. Learning a new skill or hobby can boost our self-esteem and confidence.

**Give.** Giving our time, skills or resources to help others is proven to help us too! Research suggests that acts of giving and kindness can help improve our mental wellbeing by creating positive feelings.

### Where can I get help if I need it?

Healthy Young Minds in Herts:

<https://www.healthyyoungmindsinherts.org.uk/young-people>

Every Mind Matters:

<https://www.nhs.uk/oneyou/every-mind-matters/>

Headspace:

<https://www.headspace.com/meditation/kids>

YC Herts:

<https://www.ychertfordshire.org/about-ych-services-for-young-people/what-is-ych-services-for-young-people/>

Just Talk Herts:

<https://www.justtalkherts.org/young-people/young-peoplelooking-after-your-mental-health.aspx>

ChildLine:

<https://www.childline.org.uk/info-advice/>

# Subject Successes!

## Music

For making excellent progress in instrumental lessons this year and showing so much enthusiasm and commitment:

**Akay Fatik**

**Hayden Baker**

**Ernie Cordell**

**Halime Balkir**

## Drama

**Britney Siaw and Abigail Jemal** - for being extremely focused and engaged in lessons with outstanding contributions to questioning. They are also really polite and courteous in lessons.

**Kai Baptiste** – works so hard every lesson

**Hana Forster** – again works so hard

## Enterprise

**Shakur McLeod** – Shows great understanding of the wide range of topics that are being covered and asks some excellent questions that not only helps his understanding but others in the class as well.

## Spanish

**Britney Siaw** - has shown a real aptitude and interest in Spanish this year, always asking very insightful questions and always trying to join the dots between what she's heard outside of lessons and applying that to what we see in lessons and vice versa.

**Sophie Jhurry** - is an enthusiastic learner who seems to enjoy Spanish very much and exhibits a positive outlook and attitude in the classroom.

**Maddison Watkins** - wrote a very nice introduction about herself in Spanish when I started teaching her this year. She used her own initiative and I was very impressed and this gesture make me feel welcomed.

**Florence Gasson** - has been an excellent student showing a great attitude to learning.

## DT

**Alicja Stankiewicz**

**Evie Somers**

**Daniel Pereira**

## Dance

**Charlie Murphy** - For being a great leader and always showing 110% energy and commitment to Dance

**Leyla Steward** - Leyla has been very creative and has shared her passion with her group during each lesson this year

**Alexander Blunt** - For always having a huge smile during his Dance lessons and having 110% energy and commitment

**Grace Bliss** - Grace is a great leader and has worked very hard to include all the Dance skills into her groups performance this year.

**Britney Siaw** - For showcasing her talent in every lesson and leading her group to perform confidently.

### Food Tech

**Florence Gasson** - For always having a positive attitude and asking great questions

**Sophie Jhurry** - For going above and beyond in creating dishes and theory work

**Jesse Bristow** - For improving massively in practical lessons and helping other students in the class.

### Maths

**Andreea Gutulescu** – for excellent work and contribution in class

**Kai Baptiste** – for excellent work in Maths

**Alex Martorana**

**Alexandra Dafinescu**

**Sophie Jhurry** - Worked hard consistently throughout the year plus good end of year exam.

**Evie Somers** - consistently worked hard throughout the year.

**Holly Wade** - Always enthusiastic, ready and prepared for learning.

**Tyler Starkey** - Always trying his best and asking thoughtful questions about Maths.

**Ernie Cordell** - for making progress and good attitude for learning.

**Hannah Lowin** - for making progress and good attitude for learning.

**Hana Foster** - for making progress and good attitude for learning.

**Chloe Dixon** - for making progress and good attitude for learning.

### English

**Hannah Lowin** - excellent quality of work, presentation is always very neat and clear. Hannah is always willing to read out loud and share her ideas, well done this year.

### History

**Hannah Forster** - For unwavering dedication to revision and class work!

**Akay Fatik** - For an outstanding effort to engage with the subject of History in and outside of the classroom.

**Jesse Bristow** - For displaying amazing levels of empathy towards other students in History.

**Florence Gasson** - For pushing herself throughout the year and asking for more work after school to attain a good level in history.

**Dylan Verrier** - For maintain a good level of engagement throughout the year in class.

**Skye Nemeth** - For brilliant engagement and dedication to the subject of History.

**Sophie Jhurry** - For unwavering dedication to revision and class work!

**Ronnie Niebank** - For an outstanding effort to engage with the subject of History in and outside of the classroom.

**George Reeves** - For an outstanding effort to engage with the subject of History in and outside of the classroom.

**Ava Stocker** - For maintain a good level of engagement throughout the year in class.

### Art

**Leyla Steward**  
**Olivia Marshall**  
**Alex Martorana**

### PE

**Skye Nemeth**  
**Leyla Steward**  
**Britney Siaw**  
**Florence Gasson**  
**Amelia Manthou**  
**Hannah Forster**  
**Hannah Lowin**  
**Grace Bliss**

### Geography

**Britney Siaw** - For pushing herself throughout the year and asking for more work after school to attain a good level in history.

**Rocky Gyoury** - For unwavering dedication to revision and class work!

**Grace Bliss** - For an outstanding effort to engage with the subject of Geography in and outside of the classroom.

**Cameron Kenny** - For always displaying outstanding subject knowledge.

### Science

**Shakur McLeod** - Consistently challenges himself and others with probing questions & modelling.

**Britney Siaw** - Curious and conscientious about her standard of work and always ready to help her peers.

**Hana Forster** - Actively engaged all year. Always tries her best and has a smile for everyone.

**Joey Bui** - Actively engaged all year. Shares his science knowledge from outside class with his peers.

**Florence Gasson** - Excellent effort all year, always tries her very best in science and is a kind and polite student.

**Alex Blunt** - Always tries his best in science and shares his extensive knowledge to support his peers understanding.

**Sophie Jhurry** - Excellent focus and engagement in science lessons. Studies science outside of the lesson and shares her knowledge with the class.

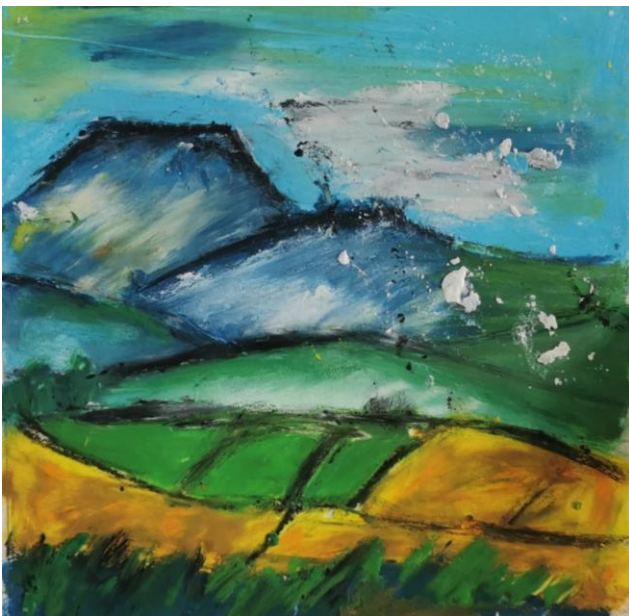
**Oskar Purchla** - Brilliant enthusiasm and attitude to learning in science. Always sharing his own knowledge and experiences with the class

**George Reeves** - Brilliant enthusiasm and attitude to learning in science. Always sharing his own knowledge and experiences with the class.

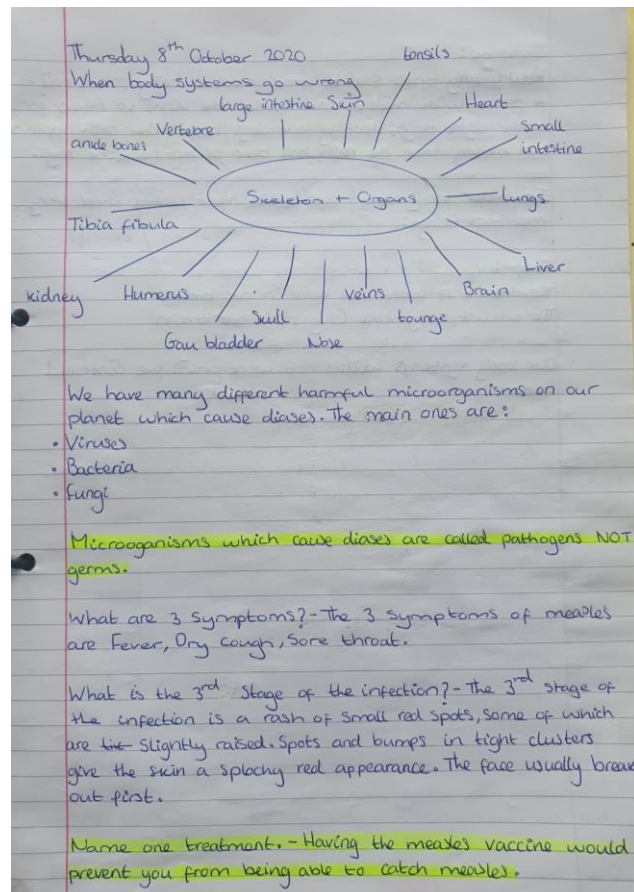
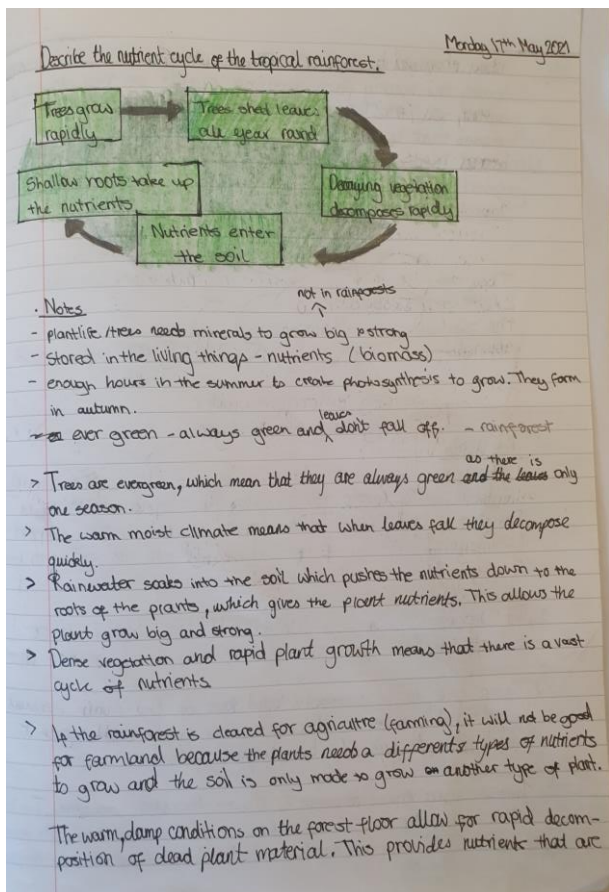
**Lily-Ella Knowles** - Great attitude to learning in science and reaching outside her comfort zone to answer questions in class. Lily-Ella always volunteers to help too.



## Work Wall of Fame!







Common name of arthropod: Hermit crab.  
Scientific name: paguroidea.

Group it belongs to: Crustaceans.

How many legs does it have: 10

How does it feed: They have a pair of claws which they use to catch, chop and crush their prey.  
~~They~~ ~~eat~~ ~~dead~~ animal remains

Some interesting facts: ~~usually~~ usually reddish, orange or brown in colour, possibly with purple spots. Has 10 legs and 2 claws. Hermit crabs are more closely related to Squat lobsters than they are to true crabs. For the common Hermit crab the right claw is always larger.

Thursday 8th July 2021

Explain how seasons are caused - demonstrate seasons

\* Silent starter

\* True or False:

1. T	6. F
2. T	7. F
3. T	8. T
4. T	9. T
5. T	10. F

using a model, checking progress:

Score 8/10

- Summer
- winter
- tilted
- worm
- cold

Score 8/8

- When were closer to the sun
- the earth spins and rotates
- we wouldn't experience seasons

\* Video questions:

1. Does the sun move around the Earth?  
= No the sun does not move around the earth.
2. What effect does the earth being tilted have?  
= Effects are: Day, night and seasons
3. What causes day and night?  
= This is caused by the Earth spinning on its axis.
4. Why are the North and South poles the coldest areas on the planet?  
= because they get the least sun from where they are, (top and bottom of the Earth).

Fun Fact: The Earth is tilted at 23.5 degrees.

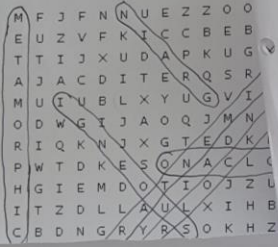
\* Checking progress:

1. The Earth experiences 4 seasons every year.
2. The reasons for these seasons are because the Earth is tilted by 23.5 degrees
3. When point A is tilted outwards the sun, that point experiences summer.
4. When point A is tilted away from the sun that point experiences winter

C4 revision

Tuesday 25th May 2021

Starter:



These are the different processes involved  
transport → deposition → sedimentation  
↓  
cementation ← compaction

So I think this photograph of the River Canyon, Namibia is a sedimentary rock because I can see it's made out of layers.

I think this photograph includes igneous rock because it looks like a igneous.

I think the photograph of the Pembrokeshire Coast Path is sedimentary because it's arranged in layers.

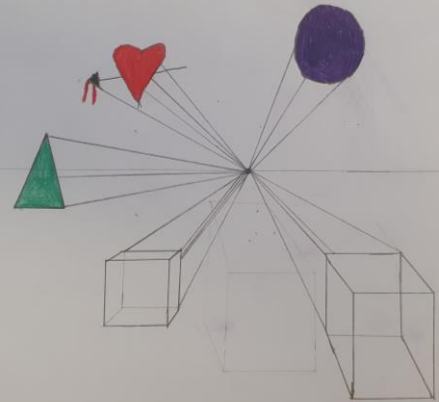
I think this photograph of Castle Crag (old quarry site) Lake District, is metamorphic because it looks like it's made out of other rocks.

I think the rock in this photograph is sedimentary because it has layers.

I also think this rock is made out of sedimentary because it is made out of layers.

Weathering:

- 1) biological
- 2) chemical
- 3) physical



Arthropods

17/6/21

Common name of arthropod:  
Fast scorpion.

Group it belongs to:  
Arachnids.

How many legs does it have:  
Eight legs.

How does it feed:

When hungry, a scorpion will quickly grab its prey with its pincers, and then whip its tail-forward to sting and kill the doomed victim. They typically eat insects, although some eat spiders, lizards and small rodents, too.

Some interesting facts:

The critters can be found on every continent around the world, except Antarctica, but they're most common in deserts and areas of hot, dry lands. Scorpions don't only use their stingers to kill their prey—they use it to defend themselves against predators, too. Such as snakes, lizards and birds. Whilst the venom of most scorpions is only powerful to kill prey, 30-40 species have a sting strong enough to kill humans.

Friday 11th June 2021

Why there was a civil war between the King and barons

Key word

Civil war  
Treason  
Triggers  
Parliament  
Power

Religion

Martin a copse clamped on extreme protestants made Scottish people use a new prayer book they were furious.

Power

Kings were supposed to use parliament to help them make decisions when parliament refused to agree what Charles wanted to do, so he decided to rule without them. This gave the king more power and they got so angry that he decided to rule without parliament. So, in 1629, he decided to rule without parliament. Therefore he could never be wrong.

Many

Usually parliament would grant the king the right to raise taxes. Charles refused to agree when parliament refused to pay the tax. This was the first time that parliament had refused the king's order. This led to the king's anger. The king's anger led to the king's anger. The king's anger led to the king's anger. The king's anger led to the king's anger.

one reason why the English civil war started religion for example there was a extreme clash down on protestants a second reason why was power for example kings were supposed to use parliament to help them make decisions when parliament refused to agree what Charles wanted to do, so he decided to rule without them. This gave the king more power and they got so angry that he decided to rule without parliament. So, in 1629, he decided to rule without parliament. Therefore he could never be wrong.