

# Personal Development & Community

## Newsletter October 2021

### Student Photography Competition 2021 Winners



**Winner**  
**George Reeves**  
Year 8



**Winner**  
**Zac Lyness**  
Year 10



**Runner Up**  
**Holy Wade**  
Year 8



**Runner up**  
**Daniel Wade**  
Year 10

### Macmillan Coffee Morning



Students and staff baked and bought cakes to sell at HT's Biggest Macmillan Coffee Morning. A great group effort equated to HT raising over £250.00 for this amazing charity.

## World Mental Health Awareness Day



Students were given the opportunity to experience a number of activities offered on Class Charts over the weekend of World Mental Health Day 2021. We are committed to supporting students' mental health and wellbeing and do so every day, not just on an awareness day. We have funding to support wellbeing projects in school. Please see Mrs Megaw for more information.



Life is full of happiness and tears; be strong and have faith

Make yourself a priority

**The 5 ways to wellbeing**

Happiness is a journey not a destination

<b>Connect</b>	Connect with other people around us	Meet up with friends and family	
<b>Be active</b>	Move around to look after our physical and mental health	Go for a run or walk in the park of woods	
<b>Take notice</b>	Take notice of our thoughts, surroundings and emotions	Look around and spot nature or how people are feeling	
<b>Keep learning</b>	Learn new things to help with our self confidence	Try a new sport or work on something your stuck on	
<b>Give</b>	Give out kindness and be a good person	Wave or say good morning /good afternoon to someone	

Be happy  
Be brave  
Be you

Happiness is not by chance but by choice

A healthy outside starts from the inside

## Black History Month

### Assembly



From September, the Black Lives Matter Committee have been able to meet in person! We have students attending from Year 7 to Year 11 from a variety of cultural backgrounds. Students met on several occasions to create and present an assembly to Year 7-11 students during Black History Month.

## Black Lives Matter Committee

The Black Lives Matter Committee's purpose is to celebrate and raise awareness for our different cultures. In our committee so far, we have discussed and presented on our history. It is Black History Month and in honour of this we have created and presented a whole school assembly. Each student had different information to deliver. There was information about Black history, slavery, how they were treated and afro hair. We learned about patterns resembling roads and paths to avoid. We felt this was significant to share due to the fact that stereotypical views are leading to unequal rights. Moving forward we hope to educate others on the good as well of the bad features on Black history.

By Tate, Imogen, Gabrielle, Katrina, Yasmin and Desearea

## Cultural Buffet



Today BLMC created a Cultural Buffet experience by collaborating together to bring a rich culinary experience to HT! This event has also been led by the students in the group with great enthusiasm and passion for food and culture. We were delighted to invite families and friends of our BLMC to school to this event and will share more about the event with you in the next newsletter.

## Show Racism the Red Card

The school is supporting Show Racism the Red Card educational charity by asking all students to wear red socks or tights today. Further information about how this charity supports schools in educating students to challenge misconceptions, stereotypes and negative attitudes can be found at the following website:

<https://www.theredcard.org/england>

Students in the BLMC are being given special permission to wear non-uniform with a red item. We are offering this special permission to reward the members of the group for their work in the committee and to also represent the group in school to promote it further.



SHOW RACISM THE RED CARD