

Haileybury Turnford

AMBITION • PRIDE • SUCCESS

Year 8 Student Bulletin Vol. 2 Date: 17th December 2021

A MESSAGE FROM MISS ROBINSON

It has been a brilliant first term for Year 8 and I am so proud of how they have settled back into HT life. You really are a lovely year group and a credit to your parent/carer. I just want to say 'Thank you' parents for all your support over the last term. Have a great Christmas Year 8 and a well-deserved break. I look forward to seeing you all refreshed and ready to go in January!

Miss Robinson

A MESSAGE FROM MISS BILSBY

Well done for completing your second half-term of Year 8 in such a positive way. I am proud to say I am your Year Achievement Coordinator. You have celebrated many successes this half-term and shown courage, commitment and determination to your lessons. I am proud to announce this term's YAC award goes to George Reeves and Hana Forster. Well done for your hard work and kindness you show each day.

I wish you all a wonderful Christmas break. Remember to be kind, safe and respectful during this time.

I look forward to seeing in 2022 for your new term!

Take care

Miss Bilsby



Year 8 Rewards assembly



Tutor group award

Most achievement points	8 Austen
Least behaviour points	8 Bevan
Best Attendance	8 Bevan

Form awards

Austen	Tiana Andriuskeviciute Daniel Pereira
Bevan	Haydn Baker Erin Vecqueray
Pankhurst	Mason Jenkins Sienna Suleyman
Turing	Hannah Lowin Khamari Lambie



Year 8 achievements

Top 10 achievement points for this half term

Kai Baptiste
 Daniel Ashton
 Haydn Baker
 Kai Baptiste
 Grace Bliss
 Alexander Blunt
 Alexandra Dafinescu
 Andreea Gutulescu
 Cihan Kas
 Grace Kilcommons

Top 10 achievement points with 0 behaviour points

Tiana Andriuskeviciute
 Hana Forster
 Hannah Lowin
 Florence Gasson
 George Reeves
 Brooke Garcia
 Ava Stocker
 Daniel Pereira
 Alex Blunt
 Aleksander Nowak

Perfect Attendance!

Top 20 attendance for this half term

Tiana Andriuskeviciute	Hannah Lowin
Daniel Ashton	Alex Martorana
Haydn Baker	Daniel Pereira
Kai Baptiste	George Reeves
Grace Bliss	Ava Stocker
Alexander Blunt	Harrison Terry
Alexandra Dafinescu	Erin Vecqueray
Andreea Gutulescu	Harriet Walters
Cihan Kas	
Grace Kilcommons	

Co-curricular activity timetable

What activity have you tried?
Can you find two you want to
join next term?

Co-curricular timetable

YEAR 8						
Tuesday		Wednesday		Thursday		Friday
Lunch Time						
Lunch club FLEX Centre Miss Hughes	Lunch	Lunch club FLEX Centre Miss Hughes	Lunch	Lunch club FLEX Centre Miss Hughes	Lunch	Lunch club FLEX Centre Miss Hughes
Lib K209 Mrs Sa	Lunch	Library K209 Mrs Saunders	Lunch	Library K209 Mrs Saunders	Lunch	Film Club K209 Mrs Saunders
Geog K209 Mrs M	Lunch					
After school						
3 O' Clc FLEX Mrs Th	3pm – 3.45pm	3 O' Clock Club FLEX Centre Mrs Thompson	3pm – 3.45pm	3 O' Clock Club FLEX Centre Mrs Thompson	3pm – 3.45pm	Table Tennis & Badminton PE Mr Macaulay
Food Food L103 Pe	3pm – 4pm	Glee Club L103 Mrs Pierce	3.05pm – 3.45pm	Airgineers drone racing DT3 Mr Hill, Mr Cable & Mr Husnu	3pm – 4pm	
Sci mbas K209 Dr N	3pm – 4pm	Mixed Basketball PE Mr Brewer	3pm – 4pm	Debate Club Library Miss Khatiri	3pm – 4pm	
Girls F F101 Miss S	3pm – 4pm	Library K209 Mrs Saunders	3pm – 4pm	Girls Netball PE Miss Stevens	3pm – 4pm	
Han F101 Mr G	3pm – 4pm			Boys Football Mr Brewer, Mr Graves & Mr Stuart	3pm – 4pm	
Danc L103 Miss	3pm – 4pm			Creative Arts Club Art rooms Mrs Hare & Mrs Megaw	3pm – 4pm	
ts Fil H209 Khatiri	3pm – 4pm			Library K209 Mrs Saunders	3pm – 4pm	

Subject nominations

Spanish

Andreea Gutulescu
Lily-May Weldon
Alexandra Defanescu

Drama

Emma Mills-Smith
Tiana Andriuskeviciute
Abigail Jemal
Nana Ekua Budu
Oskar Purchla
Reece Riches
Evie Collins

Media

Tommy Hatherley
Fred Ewin
Brooke-Summer
Whitbread
Bradley Webb
Kai Baptiste
Alexandra
Dafenscu
Britney Siaw

Geography

Mason Jenkins
Cameron Kenny
Britney Siaw
Florence Gasson
Ryan Sadler
Alicja
Stankiewicz
Olivia Marshall
George Reeves

Science

Bradley Webb
Ernie Cordell

History

Leyla Steward
Oskar Purchla

Art

Rosie Lord
Aleksander Nowak
Harvey Collins
Leyla Steward

Enterprise

Baris Ozmas
Emily Bangura
Alicja Stankiewicz
Bradley Webb

Math

Tommy Hatherley
Aleksander Nowak
Lily Maxen-Parker
Alicja Stankiewicz
Baris Ozmus
Tayla Wills
Britney Siaw
Kai Baptiste
Alex Martorana

Computing

Haydn Baker
Erin Vecqueray
Ava Mason
Joey Bui
Cameron Kenny
Chloe Gibbs
Grace Kilcommons
Ryan Sadler
Hana Forster

Design & Technology

Alicja Stankiewicz
Tiana Andriuskeviciute
Evie Collins
Hannah Lowin
Maggie-Mae Mckiernan

PE

Leyla S
Floren
Brooke- Summer
George Reeves

Busin

Darre
Gianl

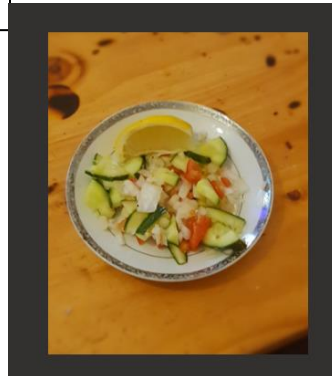
Ethan Duffus
Oskar Purchla
Demi Scrive
Evie Scone
Britney Siaw

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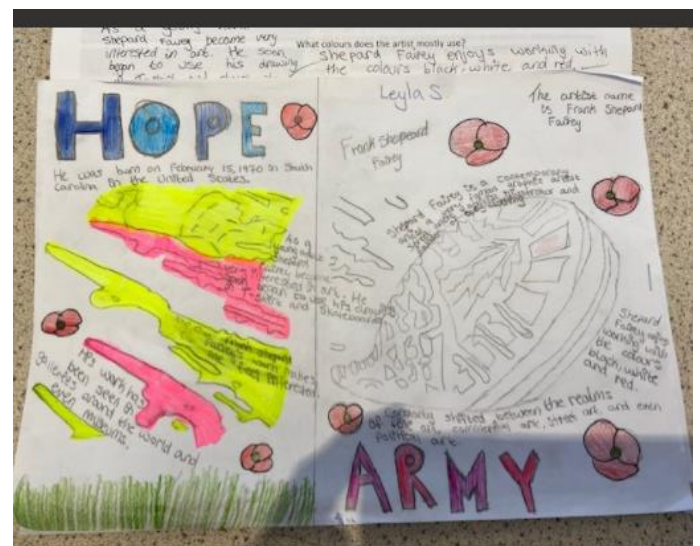
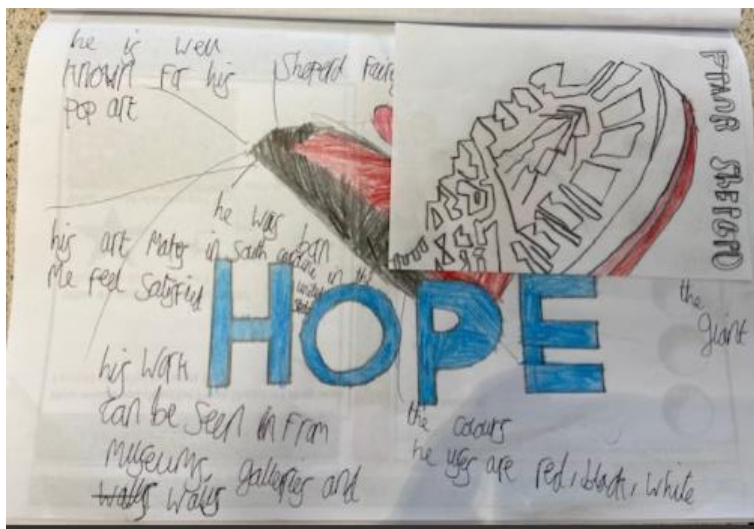
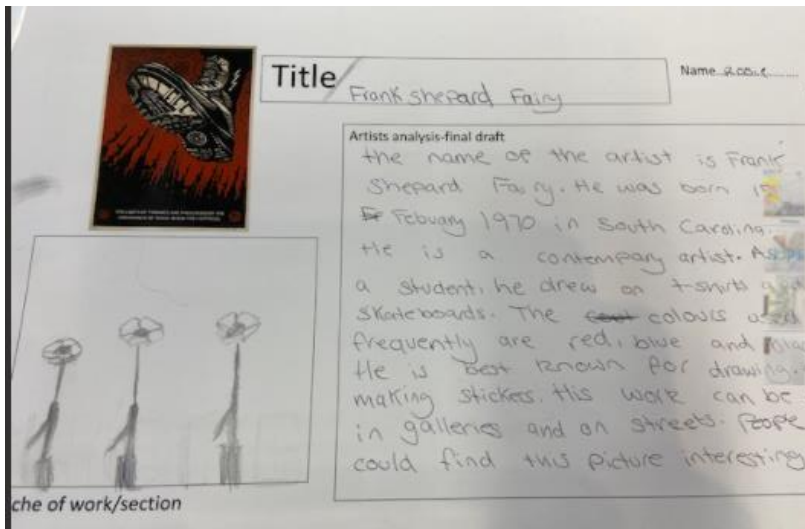
English

Maisy Cooper
Cameron Kenny
Dylan Verrier
Alex Martorana
Nana Ekua Budu

Spanish- Maggie-Mae Mackeirnan Freddie Gilchrist, Chloe Gibbs



Art- Rosie Lord, Aleksander Nowak, Harvey Collins, Leyla Steward



Volcano challenge competition winners- 1st Lily Meyer, 2nd Holly Wade, 3rd Evie Collins



Winner of the Mental Health desktop design competition- Hannah Lowin

Your wellbeing is important






Make yourself a priority
The 5 ways to wellbeing

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

Happiness is a journey not a destination

- Connect
- Be active
- Take notice
- Keep learning
- Give

Be happy
Be brave
Be you

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

Happiness is not by chance but by choice

A healthy outside starts from the inside

Five Ways to Wellbeing



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.



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-y-ch-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/>