

Haileybury Turnford

AMBITION • PRIDE • SUCCESS

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A MESSAGE FROM MISS ALLINGHAM

Hi Year 7!

Well done for such an amazing term! Since Christmas you have earned 25,659 achievement points which is phenomenal

It was lovely to be able to celebrate so many of these successes with you in our success assembly this week and I have included all those nominated for subject awards at the end of this newsletter.

I hope you all have a lovely break and I look forward to seeing what amazing things you achieve next term!

Miss Allingham

Top Ten Achievement Points



Well Done!



For this term

Daniele Cusano	409
Angelica Biniecka	330
Layla Broughton	302
Ernest Hangujja	297
Mehmet Duven	289
Laceyrose Perkins	285
Blake Lenard	279
Masal Coban	274
Audrey Walker	262
Lucy Boyes	256

Form Group Achievement Points

This Term

7 Bader	5,706
7 Pankhurst	5,507
7 Shackleton	5,182
7 Austen	5,054
7 Bevan	4,210

Brainteaser!

What can be seen once in a minute, twice in a moment, and never in a thousand years?

Come and see me for the answer after the Easter break!

Your mental health and wellbeing is important.

Five Ways to Wellbeing



We all have
mental health



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!

DT

Robbie Buddin
Jindar Aydin
Loyal Broughton
Summer Hampton
Christian Tonev
Aniya-Rose Wright-Davis
Ernest Hangujja
Dilan Heidari
Bukky Dosunmu
Kacey Dix
Maria Di Piazza
Ava Fairclough
Max Fletcher
Steeyah Husraz
Harry Fineberg
Isla Carey
Amelia Michalik
Blake Lenard

RS

Chloe Sowden
Ernest Hangujja
Kacey Dix
Zach Hassan

Maths

Lily Urch
Amelia Michalik
Jack Spink
Melody White
Angelica Biniecka
Kacey Dix

English

Beyza Arap
Sam Colquitt
Lucy Boyes
Angelica Biniecka
Shantal Dean-Kelly
Ava Fairclough

Science

Kacey Dix
Christian Tonev
Ashleigh Binns
Riley Markwell
Lucy Boyes
Angelica Biniecka

Spanish

Le Vy To
Alfie Barnes
Layla Broughton
Havin Ozturk

Dance

Hayden Wharfe
Heaven Yaman
Zara Yardim
Amelia Michalik
Ernest Hangujja
Audrey Walker
Steeyah Husraz
Ciprian Ghertan
Georgia Westmacott
Alisa Temur

Photography

Dylan Brown
Layla Broughton
Scott Fletcher
Cagla Elitok

Geography

Conner Preston

Riley Markwell

Aniya-Rose Wright Davis

Blake Lenard

Oscar Cano

Sheniz Green

Drama

Blake Lenard

Masal Coban

PE

Dexter Kirkman

Sidar Kose

History

Don Sakyi

Harry Fineberg

Media

Aleyna Dag

Cariss Wilson

Georgia Westmacott

Amelia Michalik

Lauren Smith

Christian Tonev

Jindar Aydin

Narin Yildirim

Dylan Brown

Samir Faiz

Music

Maddison Howe

Riley Markwell

Aleyna Dag

Brian Siaw

Summer Hampton

Ernest Hangujja

Blake Lenard

David Juniper

Shantal Dean-Kelly

Naomi Millard

Art

Jindar Aydin

Brian Siaw

Jack Price

Naomi Millard