

Haileybury Turnford

AMBITION • PRIDE • SUCCESS

Year 9 Student Bulletin Vol. 1 Date: 20th October 2022

A MESSAGE FROM MISS BILSBY

Well done for a positive start to Year 9, you have achieved 8924 achievement points since you have started in September.

It is an important year ahead as you consider your option choices for GCSE's. Take the time to reflect on the subjects you are enjoying and strive to do your best in all areas.

Keep up the hard work and I look forward to starting another positive half term with you.

Enjoy your break

Miss Bilsky

A MESSAGE FROM MR WILLIAMS

I have thoroughly enjoyed every second of working alongside Miss Bilsky and Miss Robinson so far this year in supporting you, year 9. It is important to recognise how crucial this year is preparing you for the rigours of GCSEs and in selecting the appropriate subjects for you to take in year 10. While life has ups and downs, we must all remain focused on our goals; what we want to experience, enjoy and achieve.

Ernest Rutherford once said "If you don't do the best with what you have, You could never have done better with what you could have had !" A key message to take the most of opportunities that come your way as these can and will lead to bigger opportunities in the future.

I wish you a restful break and look forward to hitting the ground running in the second half of the autumn term.

With best wishes,

Mr Williams.



Year 9 Achievements



Austen	Brooke-Summer Whitbread Harvey Collins
Bader	Tommy Hatherley Ava Mason
Bevan	Hannah Lowin Kadurshan Sivakumar
Pankhurst	Layla Steward Jerry Delaney
Turing	Britney Siaw Alex Martorana

Form awards



Top 10 achievement points for this half term

Grace Bliss	159
Nana Ekuia Budu	144
Hannah Lowin	141
Florence Gasson	136
Alex Martorana	136
George Reeves	127
Britney Siaw	122
Rosie Lord	120
Lily Maxen-Parker	116
Leyla Steward	115

Form Group Achievement Points This Half-Term

Austen	1442
Bader	1630
Bevan	1735
Pankhurst	2131
Turing	1590



Year 9 Wall of fame!



Year 9 Food Tech-
chocolate plaits



A special recognition to the following students for making excellent progress in their additional Music lessons!

- Ernie Cordell, fantastic progress in his drum lessons.
- Maggie-Mae Mckiernan, doing really well in bass guitar lessons
- Maisy Cooper, making good progress in piano lessons.

Year 9 Scholars Programme- Cambridge University



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Year 9 Co-curricular clubs

Clubs @ lunchtime
everyday

Instrumental Students
Music Block

FLEX lunch club
FLEX Staff – B102

Library Club
Mrs Saunders - Library



Monday	Tuesday	Wednesday	Thursday	Friday
Futsal Mr Graves - Gymnasium	Table Tennis Mr Graves - Main Hall	Girls basketball Miss Simeou - Gymnasium	KS3 Futsal Mr Buffonge - Gymnasium	Film Club Mrs Saunders - Library
KS3 Drama Mrs Wells - F101	Photography Club Creative Arts Staff – H205	KS3 Boys Table Tennis Mrs Ashby - Main hall	Girls Table Tennis Mrs Ashby - Main hall	Netball Miss Stevens - Gymnasium
Architecture Club (Wk1 only) Creative Arts Staff – H201		History Club Mrs Sharp – K103		
		Black Lives Matter Committee Mrs Megaw – H201		
		Masters of the Arts Mrs Ledster - H203		
After school – 3pm – 4pm				
Rugby Mr Barrett - PE	9 and KS4 Boys Football Mr Macaulay and Mr Megaw - PE	KS3 Basketball Mr White - Gymnasium	Netball Miss Stevens - PE	
Girls Football Miss Simeou - PE	KS3 Dance Club Miss Billsby – L101		Fitness Mrs Ashby - PE	
HT Community Choir Mrs Nicholson - L103			KS3 Drama Miss Hill - H109	
VEX robotics club Mr Hill, Mr Husnu, Mr Cable - H105			Airingers drone club Mr Hill, Mr Husnu, Mr Cable - H105	
Textiles Club Creative Arts Staff - H101			Debate Club Miss Khatiri - Library	
			Mural Club H205	

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



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Your wellbeing is important

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/>