

Haileybury Turnford

Year 10 Bulletin

AMBITION • PRIDE • SUCCESS

December 2022



To Year 10,

Well done to all of you for all your hard work. It has been a busy and successful term where we have achieved so much. It has been really impressive to see you all showing so much commitment, dedication and focus to your chosen GCSE subjects since starting them in September. You should all be very proud of yourselves. We have been awarded over 23,536 achievement points and received over 229 positive phone calls home since we started back to school in September. Your hard work continues to be recognised by all of your teachers.

Take some time this holiday to relax and enjoy your well-deserved break.

I wish you all a very enjoyable Christmas and lots of success in 2023.

Miss Carter.

To Year 10,

We have now completed 25% of Key Stage 4 and I want you to reflect on how well you have used your time so far. Time flows quickly in one direction and there is never as much of it as you think. Attendance is the key to your success, if you are here, you learn, your achievement will increase, and your life chances improve. Without this determination life will pass us by and we will miss opportunities presented to us. As we approach Christmas, I wanted to remind you that this is a time to give to others and share time with family and friends. I was reminded recently of a quote from a philosopher, "Life is short. We don't have much time to gladden the hearts of those who walk with us so make haste to be kind to others". Happy holidays to you all.

Mr. Walsh

Good study skills should start early.....



26.1.2023 – “Study Sensei” session – mastering the art of study.

27.2.2023 – “Time management” session – mastering the art of avoiding procrastination.

19.04.2023 – “Ace your exams” session – mastering your performance in exams.

Elevate Education are coming into school to deliver 3 of their study skills programmes to you. The first session will be "Study Sensei" which will be delivered on January 26th.

Their study skills workshops and seminars are designed to achieve behavioural change, their sessions will help you get used to and apply the skills you will learn.

We are sure that you will find the sessions beneficial, with the last session being delivered just before prior to the end of your year 10 exams.

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Enrichment – GCSE Science LIVE!

On Friday 2nd November our Triple Scientists visited Science Live at The Aldwych Theatre in London. The students had the privilege of attending talks delivered by five scientists: Professor Robert Winston; Professor Andrea Sella; Professor Jim Al-Khalili; Dr Maggie Aderin-Pocock and Professor Alice Roberts. Amongst many other things, students learned that we are in fact, made of stardust and how the zebra got its stripes! An amazing day!



Under 16s Table Tennis Team

Congratulations to our under 16s Table Tennis team who came 4th in their recent county competition. Praise goes to James Hajdu and Simon Brogan that formed part of the team.



What to look for in a University talk.

Ex-student Chloe Dust (University of East Anglia Graduate) presented to Year 10 students regarding the process of applying to University and what to look for in a University. She spoke about the vast array of courses available (over 35,000 to choose from!), the difference between campus and city universities, Sports and Academic Scholarships and lots more.



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Year 10 Awards December 2022



Congratulations to all the students mentioned below who were nominated to receive a subject award this term, all teachers had trouble choosing just two students as so many have been so impressive.

Art

Brandon Spink
Emily Bloxham
Tom Brimacombe
Lacey Paddick
Connie Sorce

English (continued)

Leyla Gildir
Havana Marshall
Logan Paulding
Jake Rixon
Charlie Watkins

Music

Zac Robinson
Cadance Ross

Spanish

Anna Martin
Olivia Sorce
William Coates
Liliyanna Labruna
Ruby Maisuria
Onur Gungor

Business Studies

Matthews Atkins
Helin Caliskan
Havana Marshall
Adrian Wodzynski

Food Technology

Aam Beat
Kennedy-Lee Armstrong

Personal Finance

Anil Efe Demirtas
Princess Knowles
Liliyanna Labruna
Gracie Nickolds
Charlie Watkins

Form Tutor Awards

10 Austen

Azoulas Gaika

10 Bader

Anastasia Filimonova

10 Beven

Aaliyah Dixon

10 Shackleton

Yusuf Tosun

10 Turing

Liliyanna Labruna

Child Development

Aaliyah Dixon
Anna Martin

Geography

Jermaine Acquaye
Kennedy-Lee Armstrong

Photography

Jessica Albury
Jake Rixon

Design & Technology

Nil Dalfidan
Matthew Pereira

Prince's Trust

Paige Josling
Brandon Spink

Drama

Anna Martin
Dannii-Lea Petros
Danny Powell
Rudy Slaughter

History

Emily Bloxham
Gaetano Ciucea
Aila Shkalla
Olivia Sorce

Religious Studies

Anastasia Filimonova
Olivia Sorce

Engineering

Malachi Cameron
Charlie Hills
Princess Mejares
Blake Webb

ICT

Temi Iroko
Freddie Taylor
Yusuf Tosun

Science

Jesse Bourne
Simon Brogan
Marisa Cabaco
Aaliyah Dixon
Erika Di Paola
Daniel Giarratano
James Hajdu
Onur Gungor
Heidi Hull
Blake Webb
Batuhan Zorel

English (continued)

Adam Beat
Emily Bloxham
Amy Colfer

Mathematics

Gaetano Ciucea
Marisa Cabaco
Elissa Gozcu
Lily Heywood
Brandon Spink
Adrian Wodzynski

Media Studies

Bella Pluskowski
Yusuf Yalcin

Principal's Award

Sohail Mohammed
Paige Josling

Assistant Principal's Award

Jermaine Acquaye
Kaitlyn Mungaroo

Year Achievement Coordinator's Award

James Clayton
Sean Dosunmu
Daily Morris

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Achievement Points up until 16.12.22.

Lily Heywood - 258	Henry Shilton - 168	Connie Sorce - 142	Alfie Warren - 101
Paige Josling - 256	Maria Bardo - 167	Luca Ciuffa - 142	Sonny Pullen - 100
Jake Rixon - 241	Chloe Cioffi - 167	Anna Martin - 141	Tameera
Brandon Spink - 235	Lily Hutchings - 167	Gaetano Ciucea - 141	Rasameepen - 98
Angel Young - 226	Princess Knowles 166	Aimee Lai-kit - 139	Malachi Cameron - 97
James Clayton - 223	Logan Paulding - 166	Leyla Gildir - 138	Karolina
Alfie Thurlow - 223	Emily Bloxham - 165	Eve Bullock - 137	Derezinska - 97
Cristian Balan - 213	Matthew Pereira - 165	Nil Dalfidan - 137	Gracie Nickolds - 97
Sohail Mohammed - 212	Daniel White - 165	Alisa Ismetova - 137	Ruby Maisuria - 92
Simon Brogan - 209	Luella Castiglione - 163	Lacey Paddick - 137	Milo Auret - 91
Goda Plentaite - 209	Erika Di Paola - 163	Millie Webster - 137	Jack Wrigley - 90
Tom Brimacombe - 205	Brianna Green - 163	Lukrecija	Harry Rowland - 85
Anastasia Filimonova - 202	Havana Marshall - 163	Kolvianec - 136	Reggie Bullock - 77
Bella Pluskowski - 199	Yusuf Tosun - 163	Anil Efe Dimirtas - 135	Baris Dogan - 65
Danial Giarratano - 195	Molly Burton - 162	Ruby Bates - 134	Ash Clarke - 64
Ben Sharples - 195	Ellie Horn - 162	Sude Goztas - 134	Kilyan Ekipitini - 64
Aila Shkalla - 192	Cadance Ross - 162	Adrian Wodzynski - 134	Shane Preston - 63
Sean Dosunmu - 191	Yusuf Yalcin - 162	Liam Brown - 133	(Started mid-November)
Princess Mejares - 190	Danny Powell - 161	Terrelle Banya - 131	Perry Lynch - 60
Samuel Rowbury - 189	Brian Banks - 160	Alex Michalevitsh - 131	Aniana Goerlich - 33
Daisy Morris - 188	Adam Beat - 156	Riley Becker - 130	(Started December)
Batuhan Zorel - 188	Eren Das - 156	Jessica Albury - 127	
Ricardo Gordon - 187	Charlie Hills - 156	Ollie Goddard - 127	
Nur Zelal Ozturk - 184	Andie Smyth - 154	Margo Makuntima - 125	
Harry Salisbury - 183	Dannii-Lea Petros - 152	Ege Tekagac - 125	
Aaliyah Dixon - 182	Matthew Atkins - 151	Liana Pambacas - 124	
Jermaine Acquaye - 180	Onur Gungor - 151	Maisy Piper - 124	
James Hajdu - 180	Marisa Cabaco - 150	Cem Ozdemir - 123	
Richmond Amoako - 177	Alex Waldon - 149	Jesse Bourne - 122	
William Coates - 174	Cameron West - 148	Alfie Folkes - 121	
Jesse Coslett - 174	Nisa Arap - 147	Freddie Taylor - 121	
Temi Iroko - 173	Liliyanna Labruna - 147	Indzhi Soysal - 116	
Zac Robertson 173	Olivia Sorce - 147	Ruby Bellini - 114	
Kennedy-Lee	Jakub Krasuwski - 146	Amy Colfer - 113	
Armstrong - 171	Riley Leathers - 146	Sienna Dabare - 113	
Yehor Borysenko - 171	George Prior - 146	Blake Webb - 113	
Elissa Gozcu - 171	Rudy Slaughter - 146	George Blunt - 112	
Tegan Martin-Perez - 171	Helin Caliskan - 145	Victor Nmecha - 112	
Natasha Thompson - 171	Azoulas Gailka - 145	Orhan Tas - 112	
Logan Field - 169	Molly Taylor - 145	Tilly Halls - 110	
Sydney Howe - 169	Harry Hefferan - 143	Thomas Brown - 109	
Heidi Hull - 169	Charlie Watkins - 143	Arzu Kortas - 108	
Kaitlyn Mungaroo - 168	Victoria Nmecha - 142	Eya Das - 101	

Well done to you all.

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Attendance matters, all day, every day.

Attendance to school is really important to us and we put a lot of time and effort into ensuring that you all attend school on time and as often as possible. Good attendance is essential to attainment at the end of Year 11. Good attendance is defined as having an attendance percentage of 95% or more. A student with an attendance percentage of 90% is likely to achieve 1 grade lower than their predicted grade, whilst a student with an attendance percentage below 80% is likely to perform 2 or 3 grades lower than their predicted grade. **Make sure you are in school every day. If you are not in school, you are not learning.**

Well done to the students below that have 95% + attendance.



Being late for school reduces learning time.

If you are 5 minutes late every day, you will miss three days of learning each year.

You cannot afford to lose this time.



Jermaine Acquaye	Princess Knowles
Richmond Amoako 100%	Lilyanna Labruna
Nisa Arap	Margo Makuntima
Matthew Atkins	Anna Martin
Terrelle Banya	Princess Mejares 100%
Adam Beat	Sohail Mohammed
Emily Bloxham 100%	Daisy Morris
Molly Burton	Kaitlyn Mungaroo 100%
Marisa Cabaco 100%	Victor Nmecha
Helin Caliskan 100%	Victoria Nmecha 100%
Luella Castiglione 100%	Cem Ozdemir
Chloe Cioffi	Lacey Paddick
Luca Ciuffa	Logan Paulding
James Clayton 100%	Cadance Ross 100%
William Coates	Sanuel Rowbury
Nil Dalfidan 100%	Ben Sharples 100%
Baris Dogan	Aila Shkalla
Sean Dosunmu	Andie Smyth
Logan Field	Connie Sorce 100%
Azuolas Gaika 100%	Olivia Sorce 100%
Aniana Goerlich 100%	Brandon Spink 100%
Elissa Gozcu 100%	Freddie Taylor
Brianna Green	Molly Taylor 100%
James Hajdu	Ege Tekagac
Lily Heywood	Alfie Thurlow 100%
Ellie Horn	Cameron West 100%
Lily Hutchings	Daniel White 100%
Temi Iroko 100%	Adrian Wodzynski
Paige Josling	

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In the Spotlight.....



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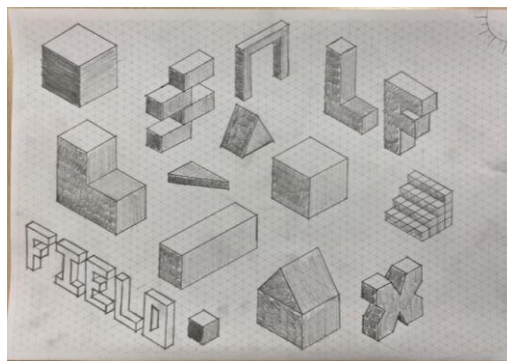
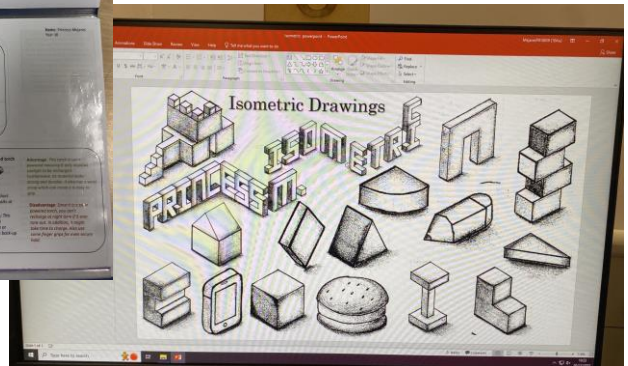
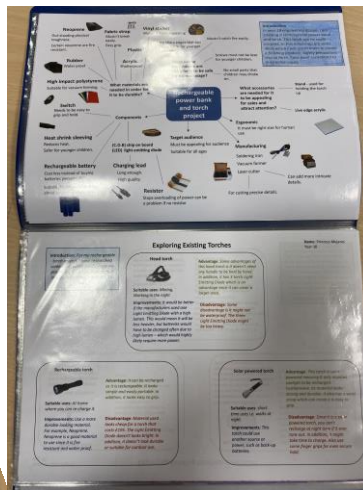
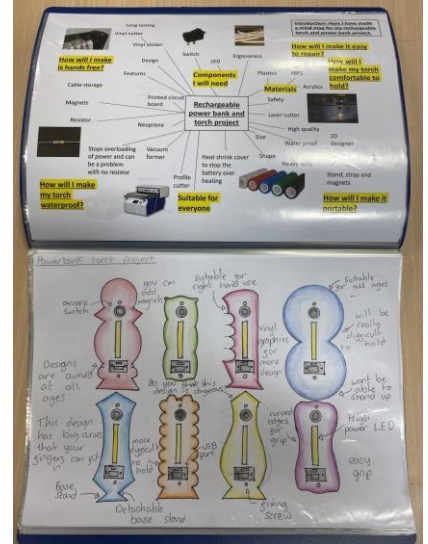
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In the Spotlight.....



Engineering



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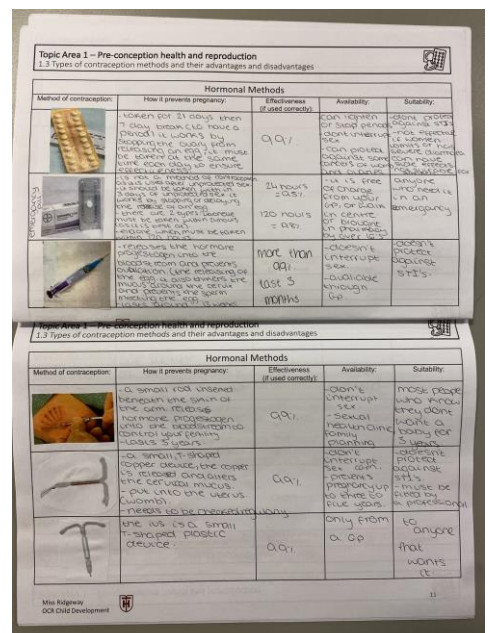
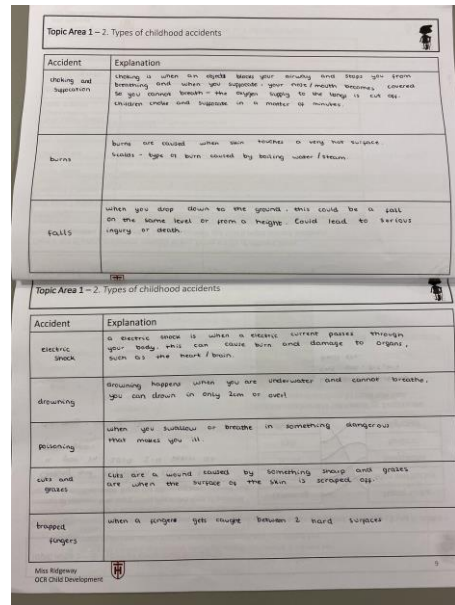
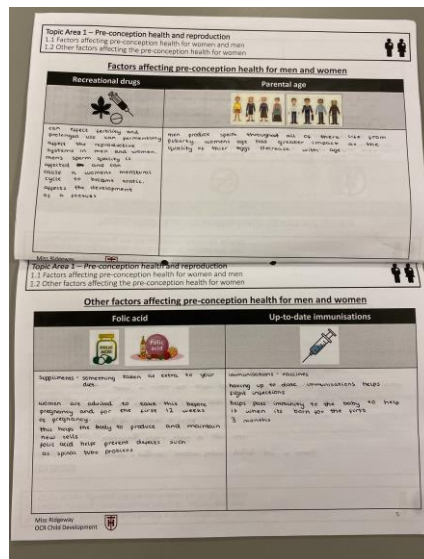
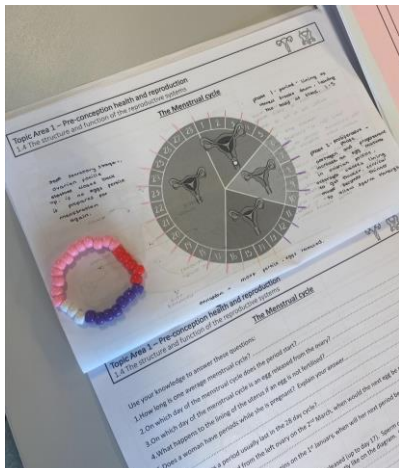
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In the Spotlight.....



Child Development



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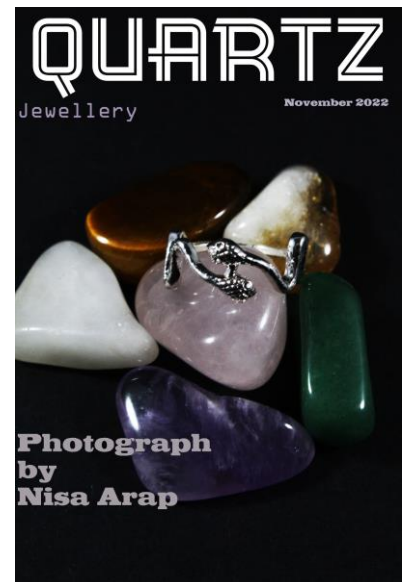
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In the Spotlight.....



Photography



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In the Spotlight.....



Food Technology



How does sleep affect our mental health?

How does sleep impact our mental health? 


Good sleep helps us to:

- ★ manage feelings, emotions, and behaviour,
- ★ be alert and remember things properly, and
- ★ be attentive and learn better.

Lack of sleep can:

- ☾ make us feel low, anxious, irritable or confused, and
- ☾ make it harder to manage our emotions and the challenges in life.



What does good sleep look like? 

The required amount of sleep we need changes with age.

Sleep is said to be of good quality if:

- ★ the time it takes to fall asleep is less than 30 minutes.
- ★ wakefulness once asleep is under 30 minutes.
- ★ we achieve an age adequate total sleep length.
- ★ our sleep efficiency - or percentage of time in bed spent asleep - is more than 85%.



Did you know?

Young people need on average 8-10 hours of good quality sleep a night.



What affects our sleep? 

Things we do throughout the day and around bedtime can affect our sleep significantly.



Lifestyle factors are the things that we do and consume during the day and as we prepare for sleep.

Environmental factors refer to the space around us when we are trying to sleep, in our bedrooms, homes, and the areas that we live.



Five principles for good sleep health 

Professor Colin Espie, an expert in Sleep Medicine, recommends that we should:



1. Value our sleep - it is something vital to our lives, and we need to take sleep seriously.



2. Prioritise our sleep - we need to put sleep first when making choices about what we want to do.



3. Personalise our sleep - we need to find the 'sleep window' that works best for us, i.e. when and how long you sleep.



4. Trust our sleep - it is a natural process, and our sleep will get itself into a good pattern.



5. Protect our sleep - we can do this by avoiding or preventing things that upset it.

Top mental health tips.

Get closer to nature. Nature can have a really calming effect on us.

Learn to understand and manage your feelings. Feeling very upset can interfere with our lives, making it hard to think clearly or work, relax, study, sleep or deal with other people.

Talk to someone you trust for support. Many of us have learned to bottle things up inside us and try to ignore painful feelings. It can take a lot of courage to tell someone else how we're feeling or what we're finding hard, especially if we don't usually do that kind of thing.

Get more from your sleep. Anyone who has struggled with sleep will know what a difference it makes to our bodies, minds and ability to cope with life. We all have times when we sleep badly, and some of us live in situations that make a good night's sleep impossible. For many people, sleep is often the first thing that suffers when we struggle with our mental health.

Keep moving. Our bodies and minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health.

Eat healthy food. Food and drink affect our bodies, brains and mood - for good or bad.

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Getting Support

Kooth.com a free, safe and anonymous mental health support service provided by the NHS. It is completely anonymous and sign up can be made without any referral. Please do sign up to this service even if you do not need to access it now, it may be helpful to have a log-in so if you do need to utilise the support, you have access to the resources. www.kooth.com

Need urgent support? Get help from a crisis service →



Log in

Your online mental wellbeing community

Free, safe and anonymous support

► Watch our Kooth video

Join Kooth

What our community is saying

"I really like how you can share your problems anonymously and have help from others. It makes me feel accepted and that people will not judge me."

Our community is here to support you through anything. Big or small.

Join Kooth



Get urgent support from a crisis service

If you need urgent support you can contact any of these services.


United Kingdom support options

www.childline.org.uk
www.samaritans.org
www.giveusashout.org
www.police.uk
www.mind.org.uk
www.nhs.uk
www.ceop.police.uk

Text SHOUT to 852258


Christmas can be tough. That's why it's important to know there's always someone you can talk to.

Just some of the things you'll find on Kooth




Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.




Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Contact details

At HT we pride ourselves on the level of support we provide for our young people and their families. If you think there is an issue that we can help with our pastoral team is ready to support, you and your child. Please contact us at any time to discuss concerns you may have and encourage your child to share those concerns with us. Please contact anyone on the team using the emails below.

Mr Walsh (Assistant Principal):
Walshb@haileyburyturnford.com

Mrs Carter (YAC):
Carterv@haileyburyturnford.com
Mrs. Oatham (Year 10 SEND Link Worker)
OathamA@haileyburyturnford.com

Mrs Mitchell (SEN Coordinator):
Mitchellj@haileyburyturnford.com
To report an absence please email:
Attendance@haileyburyturnford.com



Have you downloaded the Class Charts parent app? It's the best way to keep track of homework, achievement, behaviour and attendance. Please email if you require your parent access code.



Year 10 return to school on Thursday 5th January.