

Year 8 Bulletin Spring 2022 Vol 2

A message from Mr Barrett

I would like to begin by welcoming all our new students and their families to HT and wishing you every success in your time here, achieving your full potential in all the do.

A reminder also of the start of rehearsals for this year's play 'Matilda' Great to see a number of Year 8 students getting involved, "break a leg," as they say in the world of theatre.

Congratulations to all students who have been attending co-curricular activities, special mention to the Athletes who took part in the Indoor Championships held at the New River Stadium recently. In particular, Ava Fairclough.

Now that we are into February, here's hoping for some more slightly better weather also lighter mornings and evenings as we move ever closer to the beginning of March Now after such a busy half term with some excellent achievements. I would just like to say thank you for your hard work and the continued support you have given each other enabling you to achieve the best you can in all areas of school life. Now for some well-earned rest and relaxation to recharge those batteries for the challenges of next half term up to Easter.

To all parents. I would like to thank you for your continued support throughout the half, it's very much appreciated.

Keep safe and God Bless.

A special thank you to Mr White, Miss Spencer and Mr Megaw for their continued support throughout the whole of this half term.

You may be disappointed if you fail,
but you are doomed if you don't try. –
Beverly Sills

Well done to our top 20 students who have worked so hard since September, keep up the energy in your lesson and keep pushing forward with your positive attitudes to learning.

To the students whose behaviour and attitude in class are exemplary. Thank you for all your dedication and focus through this term. Keep up the great work.

Top 20 Achievement points since Sept 22

Scott	Fletcher	368
Jindar	Aydin	365
Masal	Coban	354
Angelica	Biniecka	342
Ernest	Hangujja	338
Audrey	Walker	315
Aleysha	Thompson-Richards	308
Georgia	Westmacott	305
Blake	Lenard	302
Ash	Kircay	301
Robbie	Buddin	297
Jack	Spink	295
Le Vy	To	295
Alisa	Temur	290
Steeyah	Husraz	284
Summer	Hampton	282
Christian	Tonev	279
Naomi	Millard	276
Lucy	Boyes	275
Alexia	Bennett	269

Top 20 Students Zero Behaviour Points since Sept

Scott	Fletcher	8 Au
Masal	Coban	8Be
Angelica	Biniecka	8Ba
Ernest	Hangujja	8 Au
Audrey	Walker	8Ba
Aleysha	Thompson-Richards	8Be
Blake	Lenard	8Ba
Naomi	Millard	8Ba
Skyla	Baker	8Be
Mehmet	Duven	8 Au
Kacey	Dix	8Ba
Georgio	Gavriel	8Sh
Layla	Broughton	8Ba
Zara	Yardim	8Sh
Jayden	Laxton	8Sh
Tyler	Harrold	8Ba
Eli	Carey	8Be
Shumi	Bhamu	8 Pa
Georgia	Westmacott	8Be
Robbie	Buddin	8Sh
Summer	Hampton	8Ba
Alexia	Bennett	8Ba

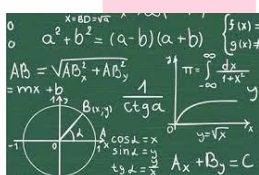
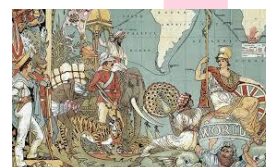
More Students of the Term

Students who have attended school every day since September

Well done to everyone below who have worked so hard to attend school since September, regardless of weather conditions. Excellent resilience

100% Attendance from September 22

Miran	Beter	8Be
Shumi	Bhamu	8 Pa
Angelica	Biniecka	8Ba
Havin	Caliskan	8 Au
Eli	Carey	8Be
Daniele	Cusano	8 Au
Daniel	Etumnu	8Sh
Listowell	Finney	8 Pa
Summer	Hampton	8Ba
Ernest	Hangujja	8 Au
Blake	Lenard	8Ba
Jayden	Lewin	8 Pa
Charles	Mono	8Be
Don	Sakyi	8Ba
Le Vy	To	8Sh
Christian	Tonev	8 Au
Narin	Yildirim	8Sh



“What sculpture is to a block of marble; education is to the human soul.” – Joseph Addison.

Co Curricular



LVSSA District Indoor Athletics Championships 2022/2023



Well done for competing and representing Haileybury Turnford

Bukky Dosunmu
Macy Key
Lacey Perkins
Ava Fairclough
Brian Siaw
Daniel Etunmu



HTPE Athletics



LVSSA District Indoor
Athletics Championships
2022/2023

Congratulations to

Ava Fairclough – Junior Girls Long Jump (3rd Place)

Well done for competing and representing Haileybury Turnford

PHYSICAL EDUCATION

Signed

Miss L. Stevens
(Head of PE)

How does sleep affect our mental health?

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 at bed 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 valuable in itself, 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, as 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 things, including or preventing things that assist it.

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 tired, stressed, 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.

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.

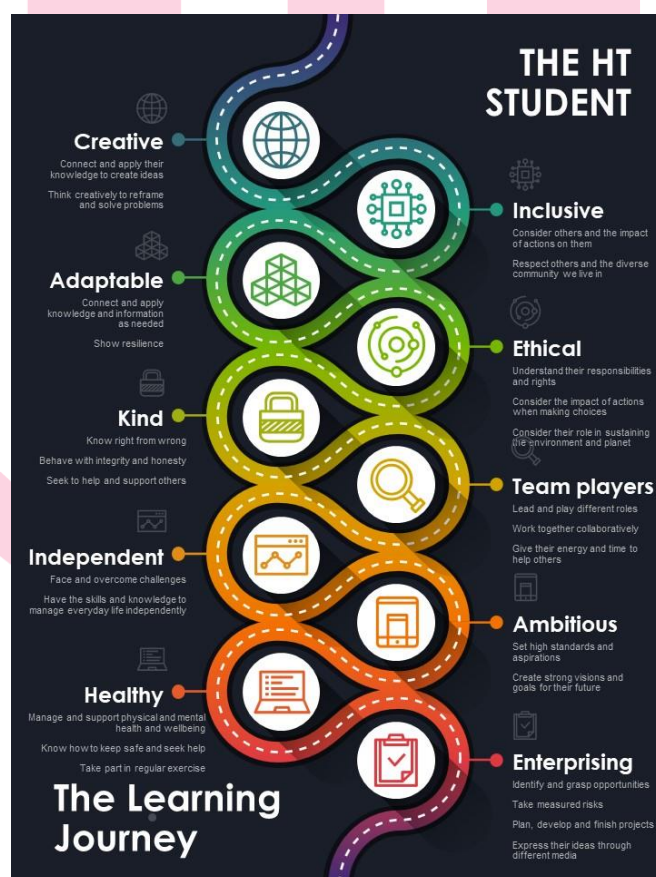
Eat healthy food. Food and drink affect our bodies, brains and mood - for good or bad.

Independent House Quiz Results

Total Achievement points To date

Form	Total
8 Bader	6390
8 Bevan	6283
8 Austin	6143
8 Shackleton	5347
8 Pankhurst	5255

The HT Student Learning Journey





Books in the Library

LGBT+ History Month at HT in February 2023



Breaktime Social in the
Quad and meet our
Youth Support
Workers
24th February



Diversity Mural
3pm-4pm
Thursday H201

Bake Sale for charity
24th February



Opportunities published on
Class Charts for LGBT+ History
Month at HT Newsletter

