

Haileybury Turnford

AMBITION • PRIDE • SUCCESS

Year 9 Student Bulletin Vol. 3 Date: 10th February 2023

Year 9 Achievements

A MESSAGE FROM MISS BILSBY

This half term has seen so many successes, from sport trips, to University trips and whole school production rehearsals. Every event has given these students the chance to show their dedication and commitment. Next term we look forward to planning more trips and events for Year 9 students to be part of.

We hope you have a restful break to ensure you are ready to return with a positive mindset.

Best wishes

Miss Bilsby

Top 10 achievement points for this half term

George Reeves
Holly Wade
Grace Bliss
Tiana Andriuskeviciute
Rosie Lord
Florence Gasson
Ava Mason
Britney Siaw
Andreea Gutulescu
Harvey Collins

Form Group Achievement Points This Half-Term

Austen	1359
Bader	1255
Bevan	1510
Pankhurst	1536
Turing	1347

Top 10 achievement points with 0 behaviour points

George Reeves
Grace Bliss
Florence Gasson
Ava Mason
Rosie Hill
Alex Martorana
Aleksander Nowak
Poyraz Cinar
Hana Forster
Yagmur Kilinc

Keep up the hard work!

Year 9 Wall of fame!



HT Volleyball team

Well done to the Volleyball team for the hard work and effort during your first match against John Warner

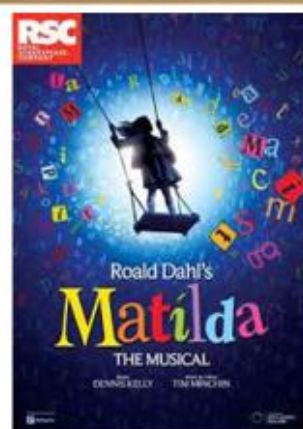


HT Athletics event at Lee Valley Athletics Centre

A great success for HT PE with many medals won at this Athletics event. 5 of which were Year 9s students. Well done to Umar Suleiman, Britney Siaw, Kai Baptiste, Shakur Mcleod and George Sweet. A special mention to Britney Siaw who won 1st place for 200metres with a time of 29.5seconds.



A very busy turn out to the auditions of our whole school production of *Matilda* on Tuesday 24th January. Great to see so many Year 9 students attend.



Another great Latin masterclass at Haileybury. Well done for your focus during these sessions.



Some Year 9 students attended the Imperial College London this week for their graduation from The Scholars Programme. Since the 8th November the students have worked with a PhD Tutor to complete a University level assignment based on the topic Disease Detectives. This is a huge achievement and they have shown a great level of dedication to complete this. Well done Haydn Baker, Emily Bangura, Kai Baptiste, Nahshaun Brown, Joey Bui, Alexandra Dafinescu, Anna Dimitrova, Ethan Duffus, Chloe Gibbs, Ava Mason, Charlie Murphy, George Reeves and Britney Siaw.



Your wellbeing is important



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-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/>

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