

Halewood Academy THE WEEKLY NEWSLETTER

WB MONDAY 21ST JUNE 2021



Dear Parents and Carers,
I hope you are all keeping safe and well.

Please take your time to read the newsletter. A lot of hard work goes into providing you with important information regarding school and the community.

With positive cases increasing in the Borough, we have had to reintroduce the wearing of masks in communal areas. Both staff and students have embraced this as they have every other challenge they have had to face. Please continue to test regularly to ensure you are keeping yourself and others safe.

If your child is self-isolating, please ensure they are accessing the Remote Learning programme via Teams. They will find a mixture of pre-recorded, webinar, assignments and powerpoint. All work is following the subject curriculum plan for this year.

Yesterday, we were privileged to be part of the Student Leader interviews. I am proud to announce the following:

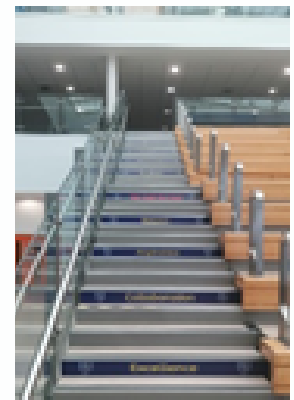
Head boy/Head prefect is Harrison Zysiak Tobin
Head Girl/Head Prefect is Daisy Burns
Deputy Head Boy/Deputy Head Prefect is Joseph McNeilis
Deputy Head Girl/Deputy Head Prefect is Madision Bedford

The other students that got to the interview stage will now be Senior Prefects as the standard was so high, they are:

James Croft
Ben Hyland
Lois Kelly
Poppy Carter Williams

A massive well done to all of you! We couldn't be more proud and I'm sure your families are too!

As you are aware, we have been making a few changes to the environment in school. Thank you to Mrs Jones for organising. I'm sure you will agree, how fantastic it looks.



This week...

- LGBTQ+ Support
- Student Leadership
- Numeracy
- Science Seneca
- Recommended reads
- Careers in Drama
- FFL
- Espanol
- Tourette's information
- Safeguarding
- Wellbeing
- Get into Hospitality
- Thank you day
- Scientist of the week

Take care
Ms Gallagher
Interim Principal



LGBTQ+ SUPPORT



If you need any LGBTQ+ support, advice and guidance please take a look at some of the following useful websites. Click the logos below to take you to the website.



[0300 330 0630](tel:03003300630)

Open 10:00-22:00 every day

<https://switchboard.lgbt/>



<https://www.stonewall.org.uk/>



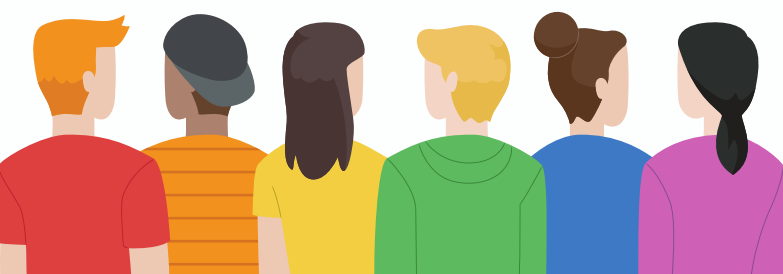
<https://www.gov.uk/guidance/advice-and-support-for-lgbt-people>



Advice and Support for LGBT people - GOV.UK

This guidance provides information and links to services and guidance for lesbian, gay, bisexual and transgender individuals.

www.gov.uk



#LOVEWINS

WE SEEK THE BEST

KEY STUDENT LEADERSHIP APPOINTMENTS

On Thursday morning, Senior staff and Governors had the pleasure of conducting the interviews for the Head Prefects and Senior Prefects. The students were ALL a credit to the school. It was genuinely heart-warming to hear the way that they talk about the school and the amazing things that they have to say about the staff. The way that they all conducted themselves was fabulous and they should be incredibly proud of themselves- I know their families will be too, as we are!

After long, hard deliberation I am 'over the moon' to announce that:



Head boy/Head prefect is Harrison Zysiak Tobin

Head Girl/Head Prefect is Daisy Burns

Deputy Head Boy/Deputy Head Prefect is Joseph McNeilis

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The other students that got to the interview stage will now be Senior Prefects as the standard was so high, they are:

James Croft

Ben Hyland

Lois Kelly

Poppy Carter

I feel privileged to work with such outstanding and motivated young people!

A massive well done to all of you.

Miss Catterall. ☐



N

Maths Challenge of the Week

SolveMeji.com

$$\text{Cookie} + \text{Cookie} + \text{Cookie} = 21$$

$$\text{Rainbow} \times \text{Cookie} + \text{Cookie} = 49$$

$$\text{Rainbow} \times \text{Donut} + \text{Donut} = 63$$

$$\text{Cookie} + \text{Rainbow} \times \text{Donut} = ?$$

Send your answers in to Miss Devonshire
adevonsire@halewoodacademy.co.uk or to your
progress leader

NUMERACY

Last Week's Answer

The match of course.

NUMERACY



Science Seneca Homework:

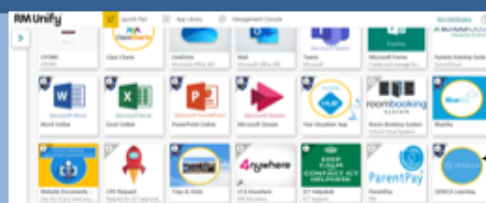
Have you done yours?

Step 1: On RMuNify click Seneca Learning or go to
<http://www.senecalearning.com>
and sign in

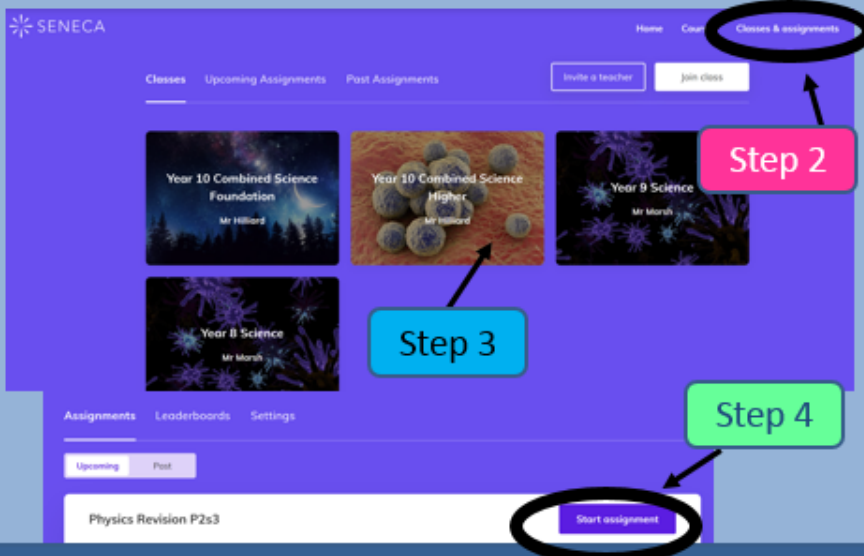
Step 2: Click on Classes and
Assignments in the top right

Step 3: Click on your science class

Step 4: Scroll down slightly and
click "Start Assignment"



Step 1



Step 2

Step 3

Step 4



Halewood Academy

We Seek The Best

WE SEEK THE BEST

RECOMMENDED READS

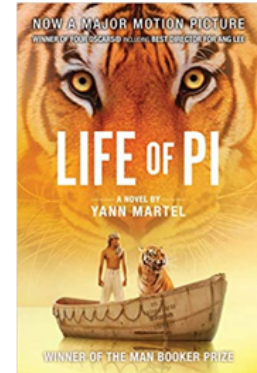
Year 7: **Coraline** by Neil Gaiman



Year 8: **Holes** by Louis Sacher



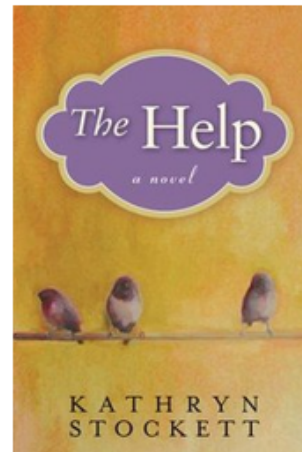
Year 9: **Life of Pi** by Yann Martel



Year 10: **Midnight's Children** by Salman Rushdie



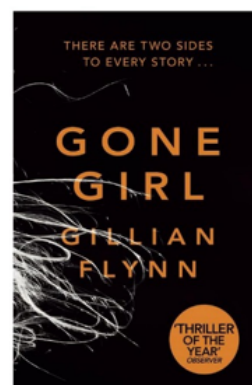
Year 11: **The Help** by Kathryn Stockett



Parents/Carers: **The Book Thief** by Markus Zusak



Staff: **Gone Girl** by Gillian Flynn



DRAMA

careers using drama

acting
directing
broadcasting
drama therapy
studio management
theatre production
tv and radio presenting

writing
stunt work
drama facilitation
film and tv production
lighting technology
drama coaching
entertainment

teaching
set design
arts administration
radio production
stage management
community arts work
casting agency work



FUTURE FEMALE LEADERS

FUTURE FEMALE LEADERS



**Do you have leadership qualities?
Do you want to improve confidence?**

**If the answer to either of those
questions was yes ,you are what we
are looking for in the FFL .**

**To apply please write a short
paragraph or drop an email to Mrs
Jones explaining why you think you
should be apart of the FFL.**



THIS WILL ALSO CONTRIBUTE TO STUDENT LEADERSHIP AWARDS





Studying GCSE Spanish this year or next year?
Have a go at some of these websites to get ahead:

www.wordreference.com

An easy-to-use online dictionary. Make sure you have selected the correct language and you choose the correct translation.

www.linguascope.com

Another website to help you practise vocabulary and listening skills.

Username: Halewood
Password: Time4langs
(Intermediate level)

www.memrise.com

A free website which helps you to learn vocabulary. It tests you repeatedly so that the words stay in your long term memory. Use your school login and password to sign up and search for courses.

www.senecalearning.com

Create an account and work through the different topics. Test your knowledge with the unit test after each section!

Useful Websites for GCSE MFL

www.duolingo.com

Duolingo is a popular language-learning website that offers engaging, reading, writing and speaking lessons for all types of learners.

www.bbc.co.uk/schools/gcsebitesize/spanish/

Practise key skills and develop knowledge of grammar.

www.youtube.com

Listen to Spanish music. Kevin y Karla y LaBanda do Spanish covers of English songs.



To see examples of great work from our students, follow us on Instagram at [halewood_academy_mfl](https://www.instagram.com/halewood_academy_mfl)



Spain Facts | Spanish Language

Spanish is the world's second-most spoken native language. Spanish is spoken in Spain and in the South American countries, among them Argentina, Bolivia, Chile, Columbia, Ecuador, Mexico, Peru and Venezuela.



Do you speak Spanish?

Which language is spoken in Spain?
Castilian Spanish is spoken in all 17 regions, but other languages and dialects are spoken in various regions of the country:

- Castilian Spanish is recognised as 'typical' Spanish and is spoken across the country of Spain.
- Catalan is spoken in the region around Barcelona, and the province of Cataluña, as well as in Valencia. This language reads and sounds quite different to Castilian Spanish.
- Basque is spoken in the Basque Country in the north of Spain
- Galician is spoken in Galicia, in Spain's northwest.

One of our lovely year 7's, Jemima Hargreaves has a diagnosis of Tourette's syndrome. She produced a video to let all staff know what it was like to live with Tourette's. Her video was so insightful and useful that we thought it would be nice if Jemima could share her information with her community.

Well done Jemima and thank you.

What are the common misconceptions of having Tourette's?

People do think that it is contagious when it's not at all so don't worry if you're next to someone with Tourette's

What would you say is the hardest part of having Tourette's in a secondary school?

Probably explaining what Tourette's is. Sometimes I forget that some people don't know that I have Tourette's so they can look at me a bit funny when I do a movement or a sound. That's probably the hardest part.

What inspired you to not give up seeing as you have Tourette's?

Last year I actually found out that Billy Elish has Tourette's and she is obviously a very big singer and has achieved a lot in her life and she just made me carry on dreaming what I want to be when I'm older

If you knew about someone who was about to start secondary school who had Tourette's, what would be the one piece of advice you would give to them?

I would say don't be worrying because all the teachers will understand if you explain that you have Tourette's and don't let that be a barrier and don't let it get in the way of what you want to achieve.

Can you develop tics?

Yes I can actually develop tics for example if I came in to school every day and somebody made a certain noise or word every single day I could probably develop that as a tic.

Do you have to be careful on Tik Tok or social media apps in general?

Yes If there is a repetitive sound or word in a video I do have to turn it down or scroll on because I could easily develop that tic and the ones I do worry about is swear words. I have developed tics which, for example have developed from hearing a song.



SAFEGUARDING

Signs of depression or anxiety in children

Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be really hard. Signs of depression or anxiety in children can sometimes look like normal behaviour, particularly in teenagers who can keep their feelings to themselves. It's also natural for children or young people to feel stressed or anxious about things like exams or moving to a new school. But while these experiences can be very difficult, they're different from longer term depression or anxiety, which affect how a child or young person feels every day. It can help to think about what's normal for your child and if you've noticed signs that they've been behaving differently recently.

Signs of depression

Signs of depression in children and teenagers can include:

- o persistent low-mood or lack of motivation
- o not enjoying things they used to like doing
- o becoming withdrawn and spending less time with friends and family
- o experiencing low self-esteem or feeling like they are 'worthless'
- o feeling tearful or upset regularly
- o changes in eating or sleeping habit

Helping a child with anxiety or depression

Realising that your child may be struggling with their mental health and experiencing anxiety or depression can be hard to accept. Sometimes parents/carers can feel like it's their fault or want to know why their child is struggling with a mental health problem. This is completely understandable, but the most important thing you can do is to reassure your child and not judge them for how they're feeling.

Ways to help a child who's struggling include:

- o letting them know you're there for them and are on their side.
- o try talking to them over text or on the phone if they don't feel able to talk in person.
- o Being patient and staying calm and approachable, even if their behaviour upsets you.
- o Recognising that their feelings are valid and letting them know it's okay for them to be honest about what it's like for them to feel this way.
- o Thinking of healthy ways to cope you could do together, like yoga, breathing exercises or mindfulness.
- o Encouraging them to talk to their GP, someone at their school or charities for example, Childline. Especially if they're finding it hard to talk at home.
- o Take care of yourself and get support if you need to. Try not to blame yourself for what's happening and to stay hopeful about your child's recovery.

Ways to get help and support

Speak to your child's GP

Supporting a child with a mental health problem like depression or anxiety can be really hard and it's important for a young person to speak to their GP about professional help if they're struggling. This should be the first step you take if you're worried a child may have a mental health problem. Sometimes a GP will prescribe medication to help a child or young person with depression or anxiety symptoms.

Your child may want to speak to their GP on their own or they may want you to be there with them. It's important for you to support their decision if they'd prefer to talk to a GP alone, as sometimes young people can find it easier to talk about their feelings with someone they don't know.

Ask about a referral to CAMHS

If your child has been feeling unhappy or anxious for a long time, or is showing signs of self-harm or suicidal thoughts, it's important to consider professional help so that they can get the support they need.

Child and adolescent mental health services (CAMHS) is a free NHS service for children and young people under 18. CAMHS can help young people who are struggling with serious mental health problems such as depression, anxiety, self-harm, panic attacks or eating problems.

Referral is usually done through your child's GP and unfortunately it can take up to several weeks for an initial assessment. Social services can also refer young people to CAMHS if they're already supporting your child.

Sometimes parents/carers come to the first appointment with their child, or maybe offered family therapy but often your child will see a CAMHS worker on their own. This is important as it can help children to be more honest about how they're feeling.

Get help from your child's school

It can also help to speak to someone at your child's school, like their Form Tutor, Progress Leader or Assistant Progress Leader. Your school should be able to provide someone who your child can speak to regularly about their mental health, such as a school counsellor. Ask your child if there's a teacher at their school they might feel comfortable speaking to.

Get help from Mental Health charities

Contact YoungMinds, Kooth, Childline and they will offer some support directly to your child. Childline is a free service for children and young people - here whenever they need support or advice. Childline is there for every child and young person. Whatever problems or dangers they're facing we're here to listen – 365 days a year.

Help for children and young people can call Childline on 0800 1111

Help for adults concerned about a child -Call us on 0808 800 5000

YoungMinds

Help for children and young people can text YM to 85258.

Help for adults concerned about a child -Call us on 0808 802 5544

Mental Health and Wellbeing

Mental health is an important part of our health. It affects how we think, feel and act. It also helps us to determine how we manage stress, relate to others and the choices we make. Mental health is important at every stage in our lives, from early childhood through to adulthood.

Mental health and wellbeing involves actions and steps that you take to improve your mental wellbeing. This can be achieved in many ways through self-care and wellbeing strategies, mindfulness and professional support where appropriate. Each person is different and can respond to different actions and strategies to support their mental health. This means you needs to find the ones that work for you, this will help you to achieve positive mental health and wellbeing. The only way of finding out which ones work for you, is to try them!



If you need any support with your mental health and wellbeing, please speak to a friend, family member or a teacher. Other ways to speak to someone are your mental health are below;

YOUNGmINDS

<https://youngminds.org.uk>
Tel: 0808 802 5544

childline

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk>
Tel: 0800 1111

kooth

www.kooth.com

NSPCC

<https://www.nspcc.org.uk>
Tel: 0207 825 2505

**Believe in
children
Barnardo's**

<https://www.barnardos.org.uk/>
Tel: 0800 1111

SAMARITANS

www.Samaritans.org/
Tel: 116 123 (24 hours a day/ free to call)

5 Ways to Wellbeing



Connect with people to build a sense of belonging and value through friendships, talking to others and expressing emotions, speaking to someone new or sharing experiences.



Be Active to reduce depression, anxiety and to slow age related decline by completing some physical activities for example walking, running, bike ride, running, working out.



Keep Learning. This enhances self-esteem, encourages social interaction and a more active life. *The practices of setting goals has been strongly associated with higher levels of wellbeing.* Try to learn a new skill for example baking, cooking, arts and craft, DIY projects, writing or taking on a new responsibility.



Give. Participating in social or community life can promote positive emotions. Activities for example saying thank you to someone, supporting someone who needs help, volunteering, helping someone with DIY etc.



Take Notice. Pay attention to the moment 'Mindfulness.' Pay attention to your thoughts, feelings, your body and the world around you at the present time.

'It can be easy to rush through life without stopping to notice much'

If at any time you feel your mental health and wellbeing changes, please remember support and advice is available to you at any time. This is available in school and externally. Some of the external support details are available on the previous page.



Joyful June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Decide to look for what's good every day this month	2. Say positive things in your conversations with others	3. Re-frame a worry and try to find a helpful way to think about it	4. Take a photo of something that brings you joy and share it	5. Think of 3 things you're grateful for and write them down	6. Get out into green space and feel the joy that nature brings	
7. Do something healthy which makes you feel good	8. Find joy in music: sing, play, dance, listen or share	9. Ask a friend what made them happy recently	10. Bring joy to others by doing something kind for them	11. Eat good food that makes you happy and really savour it	12. Write a gratitude letter to thank someone	13. Take a light-hearted approach. Choose to see the funny side
14. Share a happy memory with someone who means a lot to you	15. Look for something to be thankful for where you least expect it	16. Speak to others in a warm and friendly way	17. Take time to notice things that you find beautiful	18. Look for something good in a difficult situation	19. Get outside and find the joy in being active	20. Rediscover and enjoy a fun childhood activity
21. Send a positive note to a friend who needs encouragement	22. Watch something funny and enjoy how it feels to laugh	23. Create a playlist of uplifting songs to listen to	24. Bring to mind a favourite memory you feel grateful for	25. Show your appreciation to people who are helping others	26. Make time to do something playful, just for the fun of it	27. Be kind to you. Do something that brings you joy
28. Notice how positive emotions are contagious between people	29. Share a friendly smile with people you see today	30. Make a list of the joys in your life (and keep adding to it)				

ACTION FOR HAPPINESS **Happier · Kinder · Together**



Get Into Greene King

**Are you 18-30 and looking for work in the
Hospitality sector?**

**Employment Skill Development Day's: 8th 9th &
13th July 2021**

Course Dates: Thursday 14th – 15th July 2021

**The Prince's Trust, in partnership with Greene King, is running a NEW Ready
for Work Hospitality programme**

- All training provided
- An opportunity to demonstrate experience and transferable skills on a trial shift that can result in a job
- Doesn't affect your benefits all you require is right to work documents.
- Boost your employability with CV/personal statement and mock interview workshop.
- A 6mth progression support plan with PT staff

**This is an opportunity to secure a part time or full time job at a Greene King
restaurant across the Wirral and selected Greene King Branches in Liverpool**

To join the course or find out more:

Call Dan Cording on 07768383992 or daniel.cording@princes-trust.org.uk

Laura Newett: 07483300134 or laura.newett@princes-trust.org.uk

Sunday 4th July marks our first national Thank You Day, to celebrate this, pupil's will receive thank you post cards to complete in their forms on Friday 2nd July. Pupil's will be able to thank any member of staff who has helped them during the global pandemic



Halewood Academy
Wade Deacon Trust

*Thank
you!*

Lets say thank you together
#ThankYouDay



4th July 2021





Scientist of the Week



Chantelle Edwards

Science Core Value Champions

Respect

Aspiration

Collaboration

Excellence

Resilience

Y7

Grace
Jarvis

Casey
Bevan

Patrick
Pluck

Louie
Heath

Trudy
Delaney

Y8

Lottie
Parsons

Caitlin
Haplin

Bethany
Service

Joshua
Magee

Lewis
Davies

Y9

Lily Bodey

Shaun
Hoare

Evie Russell

Amber
Kennedy

Kaitlyn
Phillips

Y10

Logan
Shaw

Alfie
Pritchard

Tom Walls

Abinava
Aravendan

Olivia
Goulding



Halewood Academy

We Seek The Best



KS4 Scientist of the Week

Abi Redmond



KS4 Science Core Value Champions

Respect

Aspiration

Collaboration

Excellence

Resilience

Y10

Jack Ellis

Sebastian
Zaboly

Isla
Cannon

Josh
Sumner

Nathan
Orr

Y11

Lewis
Boyes

Diana
Stepan

Joseph
Allen

Demi-Lea
Miller

Nathan
Volante



Halewood Academy

We Seek The Best