

Dear Parents and Carers,

I hope you are all doing well and looking forward to the weekend.

Please see the following notices:

Assembly Today

The theme of the assembly today was based around Inside Out as the sequel is out today (which I cannot wait to go and see in the cinema). I linked this to puberty as this is the theme of the young girl growing up and experiencing new emotions. I wanted to emphasise to Year 8 that it is likely for everyone, especially young people to experience a range of emotions. There are various different ways we can start to help manage certain emotions and I gave some suggestions in the assembly which include:

- Take deep breaths/box breathing/meditation
- Get 6-8 hours of sleep
- Talk about your emotions (family, friends, pastoral team/teachers, Place2Talk).
- Write it down (journal/email)
- Go for a walk - walk away from the situation to calm down and not say something you may regret. If you can communicate this to avoid situations escalating.
- Regular exercise

If you too could echo this message and the fact that they may be experiencing changes in their emotions and support is always here both at school and at home.

Option Letters

I have informed the students this morning in assembly that options letters are due to go out next week and to expect them. As a reminder it is a mini option process and students have selected two options and a reserve they were interested in doing for Year 9. I am pleased to say that we have managed to offer all students at least one of their options and or their other option/reserve option. As you can imagine this is a difficult task to do. Students will continue with a broad Key Stage 3 curriculum in Year 9 still with core subjects as well as core Art, Computing/IT, D&T and Music Technology. They are not limited if they do not get one of these options as an additional option to studying it in Year 10.

School Photos

Year 8 have their school photos on Wednesday 19th June. As a reminder students should always be in immaculate uniform with no jewellery except one single stud in each ear. I have emphasised to students that they should not be wearing makeup either. The plan is below which has been shared with the students and they will also be reminded.

- P1 - 09:00 - 8C, 09:20 - 8F, 09:40 - 8G
- P2 - 10:15 - 8H, 10:35 - 8J
- P3 - 11.30 - 8M, 11:50 - 8P (anyone in 8M/8P and in the rounders tournament must get their photo P2 but state you are in M/P)
- P4 - 13.15 - 8W (anyone in 8W and in the rounders tournament must get their photo P2 but state you are in 8W)

Sports Day

Sports Day for Years 7 and 8 is on Wednesday 26th June. The students are expected to make their own way there to Hillingdon Athletics Track - 1 Gattling Way, Uxbridge UB8 1ES. More details will follow from Mr Hall.

Students will get the opportunity to work out the event(s) they will do in tutorial this week on Tuesday and Thursday. A captain will be selected to help organise this.

Free Parent Webinar: Helping Your Child to Alleviate Stress

Elevate Education will be hosting their next parent webinar on **stress and well being** on June 18th. Elevate works with our students, delivering high-impact workshops on study skills, motivation, well

being, and exam preparation. By tuning into their webinar series, you'll learn **how you can help support your child at home by reinforcing the skills they're learning at school.** Sign up for the session below to learn how you can **help your child to manage their stress levels in the run-up to exams.**

How to Help Your Child Alleviate Stress

Tuesday 18th June 6:00-7:00pm (GMT)

[Click here to register for free](#)

Here's what Elevate will be covering on the night:

- ✓ How you can identify early signs of stress in your child
- ✓ Practical techniques to help your child manage their stress levels
- ✓ How you can maintain a dialogue with your child about their mental well-being

I hope you all have a lovely weekend and hopefully get to see Inside Out 2 in the cinema.

Kind regards,

Miss Hawes

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*Miss K Hawes
Year 8 Leader
Teacher of Physical Education*