

## 9th February 2024

## Headteacher's Newsletter



Dear Parents/Carers,

The start of 2024 has certainly been a busy and rewarding time for our school community.

Our students have made great progress academically, and their achievements are a testament to their hard work and dedication. We have had the pleasure of participating in various extracurricular activities, including sports events, creative arts opportunities, and community service projects, which have enriched our students' learning experiences.

I want to extend my appreciation to our dedicated and hardworking staff members. They have gone above and beyond to create a nurturing and stimulating learning environment for our students, and I am grateful for their commitment to excellence.

I hope that our Year 11 skiers have a fantastic experience on the Austrian slopes. I know that out of 60 of them who are travelling, 40 have never skied so I am excited that we are able to give them all such an amazing experience. A huge thank you must go to Mr Morritt, the trip leader, Mr Swan, Mrs Hand, Mr Stephens, Miss Towey, Mr Shaheed and Mrs Rushcova for giving up their halfterm to accompany our students.

As we close for the February halfterm, I wanted to take this opportunity to express my gratitude and appreciation for your continued support and partnership. The success of our school is a collective effort, and your involvement in your child's education is crucial. Together, we can make a positive difference in the lives of our students and ensure they reach their full potential.

Looking ahead to the second half of the Spring term, I am confident that we will continue to build upon our successes and achieve even greater things to-gether.

We have many exciting events and opportunities planned, and I encourage you to stay involved and engaged in your child's education.

Wishing you all a restful half-term.

Thanks again. *Miss Ducker Headteacher* 



## **Important Dates**

PUT THIS on YOUR CALENDAR!

Just a reminder of the upcoming events for after half-term:

Year 9 Options Assemblies—these run from Monday 26th February until 6th March

## Year 10 Work Experience

A big reminder that Year 10 Work Experience is scheduled for Monday 15<sup>th</sup> April to Friday 19<sup>th</sup> April 2024.



If you are a parent/carer, and could offer a work experience placement to one of our students in your place of employment, please get in touch with Mr Leslie on **mleslie@elatschools.co.uk** 

Students need to apply by the end of February.

Please can all parents/students upload placements using the Connect-Ed application so Mr Leslie can sign them off.

The App looks like this:









## **Spanish Department**

The Spanish Department held the Year 7 Spelling Bee (school stage) after school last Thursday.

These are the three winners going forward to regionals and the 4th and 5th who took part (for the achievement points):

- 1. Nathan A
- 2. Jasmine K
- 3. Gersa U
- 4. Ruby B / Lexi B
- 5. Ethan L

The others who took part were:

Oliver V Connor C Mark L Bella M 7 Joshua H Amelie McG Jiya P Kitty S Francesco B Emilija K











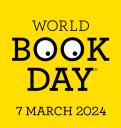












## Library Fun—World Book Day 2024

We will be celebrating World Book Day in the Library on Thursday 7th March with several fun displays, events and competitions.

From Monday 4th March, the students will be able to take part in the following:

- ⇒ Match the English staff member to their childhood photograph and their favourite childhood book take a look at the display in the library corridor, match the member of staff to their photograph and try to guess their favourite childhood book. There will be a £20 Book Token for the winner and a £10 Book Token for the runner up. Closing date Friday 22nd March
- ⇒ The 2nd Annual Library Assistants' Quiz answer questions on all things book-related for a chance to win a £20 Book Token with £10 for the runner up. Closing date – Friday 22nd March
- ⇒ Never judge a book by its cover Dare you borrow a mystery book? Wrapped books will be appearing on the library shelves, their plots described in just 3 words. Students who borrow, read and then place a review of a mystery book on Reading Cloud Reading Cloud: Log In (microlibrarian.net) will be in with the chance of winning a £10 Book token. Closing date – Monday 15th April
- ⇒ The Funniest Lines from Books what better way to share a love of reading than with our collaborative display of funny lines from books and a lunchtime reading event? Staff and Students will be encouraged to collect a 'Giggle bubble' and add the funniest line from a book to encourage others to read it. They will also be invited to read a passage from their funniest book at lunchtime on World Book Day. We hope the library will be full of mirth and laughter!

We have also attached in this newsletter, this year's World Book Day voucher, which entitles your child to one free £1 World Book Day book or £1 off a book/ audiobook costing £2.99 or more at participating retailers:

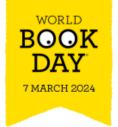
### Participating retailers - World Book Day

These can be used from 15th February to 31st March, subject to stock availability. Paper vouchers will also available in library lessons for students to collect. For more information about World Book Day please visit: <u>Families -</u> <u>World Book Day</u>

Thank you for encouraging your child to get involved and nurture their love of reading. Mrs Moore and Mrs O'Brien - Librarians, Hall Mead School.







## £1 Book Token 🌋

World Book Day<sup>®</sup> changes lives through a love of books and reading. Our mission is to promote reading for pleasure, offering every child and young person the chance to choose and have a book of their own. We hope you'll use your £1 token to choose a brilliant book you'll love, and have lots of fun reading. Find great ideas and fun resources to enjoy at worldbookday.com

Your £1 book token is available below. Find out more about the £1 tokens and how they work at worldbookday.com/books-and-tokens



For the full line-up of £1 books, visit worldbookday.com/books For full terms, visit worldbookday.com/terms-conditions

The World Book Day £1 books are a gift from booksellers, who fully fund the cost of the £1 book token redemptions. Check with your local bookseller what plans they have in place for World Book Day. Find your nearest bookseller at worldbookday.com/participating-retailers Please note:

- Token is for children's individual use.
- Offer valid 15 February 2024 31 March 2024 inclusive.
- The token barcode can either be scanned from a phone/tablet screen or printed out and shown in-store.
- Please check with your local bookseller before visiting if they can accept the barcode on mobile devices.
- The digital £1 book token cannot be redeemed online.

Visit our FAQ page to answer all your questions: worldbookday.com/about-us/frequently-asked-questions

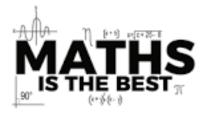
To contact the World Book Day team, please email: wbd@education.co.uk



**Changing lives through a love of books and reading** World Book Day<sup>®</sup> is a charity sponsored by National Book Tokens Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK)







### **Intermediate Maths Challenge – Wednesday 31<sup>st</sup> January**

On Wednesday 31<sup>st</sup> January we had a selection of 40 students from Year 9, 10 and 11 take part in the UKMT Intermediate Maths Challenge. This is a national competition that encourages mathematical reasoning, precision of thought and fluency to make students think.

To achieve a bronze award, students need to be in the top 50% of the country; to achieve a silver award, pupils will need to be in the top 16.7%; then finally to achieve a gold award, they are in the top 8.3% of students in the country.

The following are our 29 students who achieved a medal.

Gold	Silver	Bronze	
Max F Y10	Callum B Y10	Matthew C Y9	
Tymon Z Y11	James G Y10	William L Y9	
Blake R Y11	Matthew H Y10	Keira S Y9	
Rhian P Y11	Alice H Y10	Rohan F Y10	
	Harry M Y10	Luke N Y10	
	Stanley P Y10	Darrell O Y10	
	Luca R Y10	Luke S Y10	
	Yasmin R Y10	Sodeeq Y Y10	
	Luke S Y10	Lauren A Y11	
	Cian I Y11	Ross C Y11	
	Delsi S Y11	Evie D Y11	
		Katie G Y11	
		Lottie G Y11	
		Ecaterina R Y11	



## **Intermediate Maths Challenge – Wednesday 31<sup>st</sup> January 2024**

Year 9



Kiera S

Year 10 (Best in School)



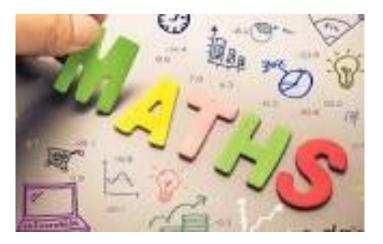
Max F

Year 11

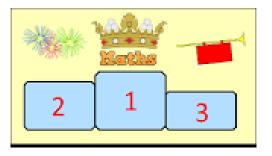


Blake R

Max F (Y10) and Blake R (Y11) have qualified for the next round of the competition, which is the Pink Kangaroo on Thursday 21<sup>st</sup> March.











## Design and Technology Open Evening Competition



During October's very busy Open Evening, the Design & Technology Department held a competition for our visitors.

Our visitors were challenged to design a print for a tote bag inspired by the work of the designer Yinka Ilori.

Yinka is a British artist and designers. He is known for his bright use of colours and playful designs for furniture and public spaces.

Visitors took away entry forms and sent their design ideas back to Hall Mead.

After looking through our entries Miss Lloyd and Miss Stubbings decided on 3 finalists.

Here are our winning 3 designs sublimation printed onto tote bags!









## **Community Reading**

Last week we welcomed our first group of parents and friends to a training session on listening to students read in library lessons.

We are very excited by this new reading partnership!

It creates more opportunities for students to read to adults, which we know is hugely beneficial in improving student reading fluency.

If you have a spare hour a week and would like to be involved, then please email Ms Hallett: **vhallett@elatschools.co.uk** 





## **Creative Writing Club**



In Creative Writing Club we challenge writers of all abilities, from year 7 to 11, through various writing prompts, exercises, and competitions. Students collaborate with one another in a warm, welcoming writing environment, sharing and offering constructive insight into one another's creative writing. They are encouraged to experiment with a variety of genres and explore a variety of different ways to inspire themselves through visuals, music, games and much more. Our goal is to challenge students and inspire them to venture beyond their respective comfort zones in a fun and engaging way.

I am pleased to say that a number of students from the creative writing club have successfully been accepted by a recent writing competition: The Glitch by young writers and going to be published in a young writer's anthology of short stories.

A big congratulations to:

Katie H Amelie McG Ava P Millie P-S Isabella G

### 99

It was 1999 in London, and my hopes were high for this new year until the mysterious clock appeared out of nowhere. 1... 2... 3... What was it doing? 10, my home started shaking. What on Earth was going on? 20, the lights began flashing. 30, this was getting very... very odd. 40, I ran for cover. 50, Big Ben started to crumble. 60, buildings were vigorously breaking apart. 70, the ground cracked open. 80, the clock ticking away. 90, I started crying. 99... silence. The fireworks blew for 2000.

"Did I, Iris Anderson, see the world glitch before my very eyes?"

### THE GLITCH

Hi, I am Hayley, and this is my story. It was my fourteenth birthday and it was a hot summer afternoon. My mum disappeared into the kitchen, and shortly after, she came out holding a rich chocolate cake. It was chocolate heaven. I sat awkwardly whilst everyone won. Finally, I was able to blow out my candles. It was pitch black and the lights were flickering. It eventually came back on but it was different. Everyone was gone, and the room was an eerie grey. I was all alone.

### EARTH?

As I woke, the glowing red fog wropped around the street. I rushed to school and thumped down in my seat as the bell rang alarmingly. The day went by in a blur but period five was different. Apparently, there are more planets than Mars...called Earth? I muttered under my breath, "Earth?" My s stomach dropped and I shut my eyes tight. I tried to scream but nothing came out...

When I woke up, all I saw was green. I cried and screamed desperately for help as my head whirled with confusion and questions...An icy hand gripped my shoulder...

### **AUSTRALIA'S SECRET**

In sunny Australia, a girl, nine years old, moved from frosty, unlit Iceland.

She loved living in a fiery paradise.

Being new, she was yet to make friends. One early morning, she heard her name being called. "Crystal, come here." She didn't recognise the voice and was intrigued to investigate. She searched the new house, but no one was there apart from her mother taking care of baby koalas. "Hello," Crystal called and spun around to see her reflection from the sunny windows. It darted to the upstairs bathroom where...a note. "Australia's secret!"...

## SAME TIME EACH YEAR

The night before Halloween, in a town called Bodie, things were about to occur for Anna, once again! The young brunette high schooler apprehensively awaited the inevitable – her yearly nightmare. The question remained – how would she survive this year?

That night, Anna was suddenly awoken by a bang. Jumping out of bed, it was clear no one else was disturbed. The clocks had stopped. Out of the corner of her eye, she noticed a shadow near her mirror. The image became clear.

A dark entity stood before her.

"Your time is up!" it commanded sharply... All a glitch in time.

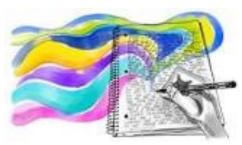


fun Games / quizes and loom how to the readers mind we use music dice and images to make Writting Seen more fun. I also like how everyone is Sa kind and we kompag and Can help you if your struggling. Even reading a paragraph and describing what we like and dislike about it. Whore fun.



1 really enjoy creative writing club because we every week we do a different game in a way that we incorporate a creative Writing task. This helps us get our brains thinking and our imaginations flow. One of my favourite games is the dice game where we roll a dice and whatever it land on, we find the number on the board and we create a story based on the theme we rolled.

get to hang out with my priends. I get to increase my providedge. I don't have to go outside. with - this dut: Creative writing club is very fun because Miss Miller makes writing fun and it helps improve writing. I detre that you don de away accertine cand det afour ideas nur gree have the opportunity to write gready and weatively and I can make whatever story, world, or character that I walt. Miss Miller is always encarraging us all to try our best and is makes all own writing lunches super four and imaginative. \* River Creen enjoy creative writing club because reality like writing stoppes and here reality club just for that It is also place I can chat with my prends











## **Translation Bee Winners!**

Here are our Translation Bee winners! Well done everyone!







## **Student Successes**





This week's 'Personalised Learning Award' goes to Owen D in Year 7.

Owen's attendance and punctuality has been amazing this half term and has been accessing all his mainstream lessons.

Well done Owen—keep up the good work!









## **Hornchurch FC Reward Ticket**

Jack R in Year 7 has been awarded the Hornchurch FC reward ticket for the week of the 12th February.

He has been recognised for his commitment to school clubs and has now represented the school teams in football, basketball and rugby.

Well done Jack!

## Year 10 A Team Footballers

After making it down to the final 16 in the National Cup, the boys travelled to Crystal Palace to play their fixture with Mr Morritt and Mr Bamber. From the starting whistle, the match was a tough one with the boys going down 1-0 within the first few minutes.

They came back quickly to equalise but then conceded two more goals finishing the match at a 3-1 loss.

Despite the result not going their way, the boys conducted themselves in an outstanding way.

We wish them all the best for their continued success representing Hall Mead.

Well done everyone.





Fenton—Captain























## Year 7 Netballers!



Miss Kennett, Head of Year 7 / Teacher of PE, emailed me this week to share the following:

*"I just wanted to let you know that our Year 7 netball team went to the Havering Netball tournament last night.* 

We topped our group and then went on to play Frances Bardsley in the semi-final.

It was a tough game that went to extra time but Flori B scored the winner on the whistle securing our place in the final.

The final was against a fantastic team at Redden Court. The game was really close with only a couple of goals in it but unfortunately in the last couple of minutes they went ahead. But they still came 2nd in Havering!

The girls played absolutely amazing considering we lost our GK with an injury in last week and our GD went home ill yesterday. A number of the team stepped out to play out of position to still get us into that final. What an incredible achievement!

Super, super proud of them, they are going to be a team to watch in the future!"

Well done girls! What a great result!





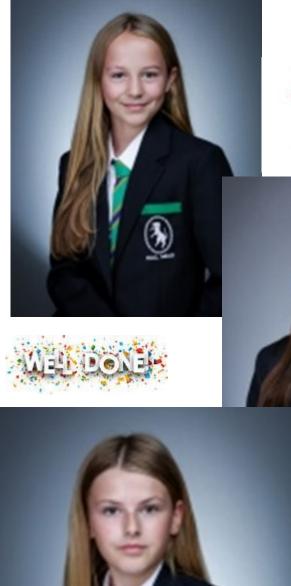




## Year 7 Netballers!

















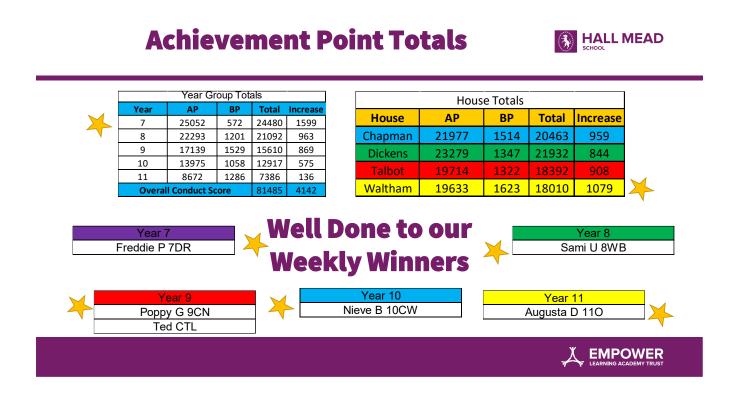




## Sparx Winners-Miss Towey, Director of Maths

Week 24	Sp ب	<b>barx Mat</b> Superstar	: <b>hs</b> ˈsᢩ*	Top 3 XP from each year group for this week	
Year 7				Year 8	
Aamnah A	7WL			Szofia B	8TB
Sofia T	7TM			Chibueze M	8WB
Emme S	7TW			Ellie S	8WH
		Year 9			
		Mikhail GT	9CL		
		Elson D	9CN		
		Keira S	9DL		
Year 10			Year 11		
Zaki C	100			Amelia F	11TMH
Esther J	10WMc			Owen L	11TMH
Deana B	10TE			Maya B	11DC

## Achievement Points—Mr Morritt, Head of Year 11 / Head of Waltham House









## **Diving Success!**

⇒ Here are the details from Year 7 Noah B's diving competition!

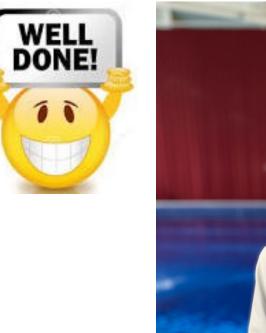
1m - 1st in preliminaries and took the gold in the finals Beat his PB and qualified for nationals

3m - 2nd in preliminaries and came 6th in finals Beat his PB and qualified for nationals



Platform - 6th in preliminaries and managed to take the gold in the finals! Beat his PB and qualified for nationals.

Synchro - took the gold, again qualified for nationals



















ASSOCIATION OF GROUP TRAVEL ORGANISERS

Pickups: Jobbers Rest Pub ~ The Plough Pub ~ Avon Road, Upminster Station Phone: 07966 146956 (answerphone on here) or 01708 227884, Email: <u>shirley@shirleytours.co.uk</u> Website:www.shirleytours.co.uk Fundraising for Hall Mead School ~ Engayne School ~ James Oglethorpe School ~ "All Saints Church, "All Saints (1<sup>st</sup> Cranham) Scout Group"

### MAY 2024; WED 8<sup>th</sup> to SUN 12<sup>TH</sup> MAY – BOURNEMOUTH BREAK

Half Board break by coach, Local pick ups; nightly entertainment/trips out include Winchester en route, Salisbury on Market Day, New Forest scenic drive with stop at Lyndhurst, cruise from Poole to Swanage with return steam railway ride to Corfe Castle.(Steam Railway/Boat trip £35 fee), Lunch stop at Garden Centre on return journey.Last few twin rooms remaining £330 p person. Sands Hotel.

## Wednesday 10th July 2024 ;Proposed trip, Kennet + Avon Horse Drawn Boat trip, Berkshire.

Enjoy a 2.5 hour horse drawn barge trip on Kennet and Avon Canal, with possible free time in Marlborough pre cruise. £55.00 NOW BOOKING. THIS DATE TO BE CONFIRMED BY BOAT COMPANY.

Cream tea optional extra on board £10 per head, scone, jam, clotted cream, sponge cake tea, coffee or squash. MUST BE PRE BOOKED

### Friday 16th August; Broadstairs

Folk Week. Morris Men, entertainment, craft fayre, etc plus Sandy Beach, Dickens Museum, quaint English Seaside. Adult £28.00.OAPS £27, Child £22. (under 16) NOW BOOKING

### Saturday, 19th October, Windsor Castle Trip

Enjoy an audio guided tour of Castle, See Queen Mary's famous Dolls House, see State Apartments plus (Semi State apartments only open in Winter), view St George's Chapel, Final resting place of 11 monarchs, including Queen Elizabeth II and Prince Phillip. Plus free time in Windsor. Take a boat trip, Windsor/Boveney Lock with views of Windsor Castle/ Eton College on return. Shop/lunch, walk along the river/view Eton College. Take a walk along river. £60.00 NOW BOOKING.

### Thursday, 31st Oct2024: Treasures of Burgundy and Provence River Cruise

Sail on Rivers Rhone and Saone, South of France. Seven Nights includes 5 excursions, free wine, beer, soft drinks with meals, Wifi, Gratuities. Fly from Heathrow, Coach/minibus to airport (additional optional extra). Ship holds 140 passengers. Leaflet/prices on request. NOW BOOKING

### Wednesday 11th December 2024 - Santa Special Lunch Cruise, Runnymede

3 hour round trip, with a three course meal which includes, Mulled wine, soup of the day, Roast turkey with all trimmings, Xmas pudding, brandy sauce, tea coffee with mince pie. seasonal music through the afternoon as you cruise through Winter Wonderland, before a festive visit from Santa with a gift for every passenger. Nearby is Magna Carta tea room, + The Jurors, 12 intricately worked bronze chairs, representing the jury system, which has its origins in Magna Carta. £78.00. Pre Christmas Treat! NOW BOOKING





## Student Success Story Oliver B, Year 9

We were delighted to receive an email this week from Oliver B's dad sharing his recent successes! He said that:

"Olly has been karting competitively since September 2022 and in September 2023, stepped up from cadet karts to full size senior karts!

He has been competing in several championships, one of which has been the Buckmore Park junior-pro winter championship which consists of 4 rounds (1 round per month) each round consisting of 3 heats and a final.

Olly has been leading the championship from Round 1, and in the final round he maintained the lead and won the 23/24 Winter Champion-ship!

Starting from March he continues the campaign and begins an 8 month summer season in which we hope he can maintain the success."

I would like to congratulate Oliver on this and wish him the best of luck for any future competitions.















## **H KARTING**













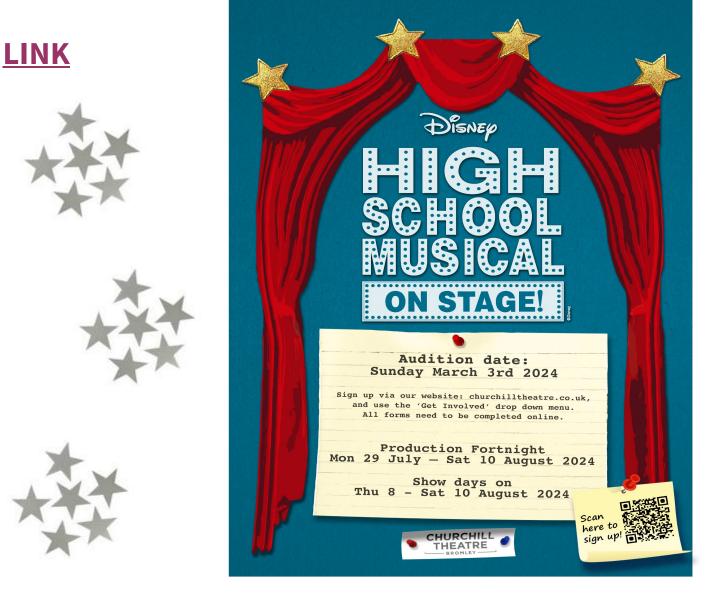
## **Acting Opportunity!**

As you may know, The Churchill Theatre holds a Summer Youth project, which is a great opportunity for any aspiring actors, aged 9 to 18.

This summer, they are creating a production of High School Musical.

The applications for auditions will be closing on Monday, so make sure you submit your application!

Students can sign up to the auditions by scanning the QR code in the poster below, or at the below link:





## Miss Casey, Head of Year 10 / Teacher of English

Miss Casey wanted to give a special mention to her Year 10 English class. She has been so impressed with their focus, dedication and commitment to their GCSE English studies.

Well done everyone! Your hard work will pay off!



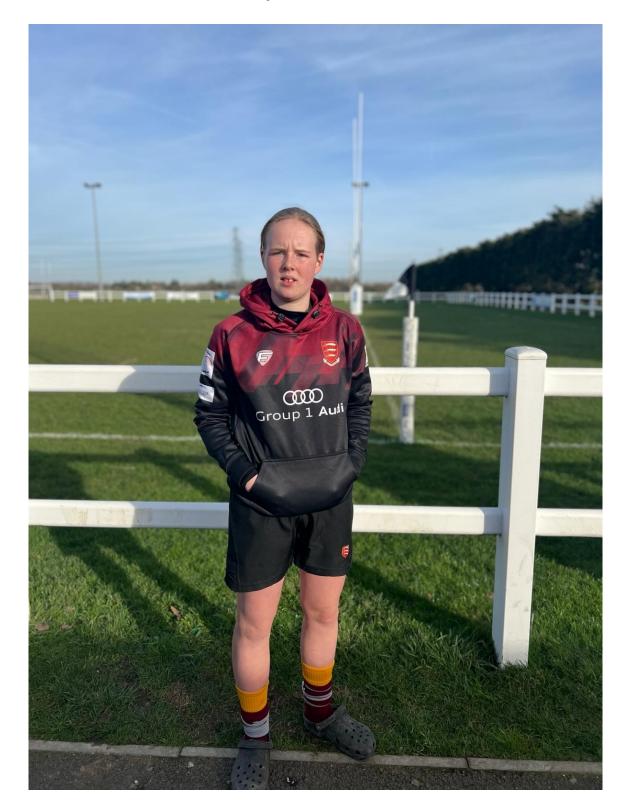


## Essex Girls' Rugby Selection Izzy Gilbey, Year 10





We are delighted to announce that Izzy has been selected to play for Essex Girls' Rugby on Sunday 28th February 2024 against Hertford! Good luck Essex! Good luck Izzy!





## Neurodiversity Umbrella Project Mr O'Neill, Assistant Headteacher, SENCO



Hall Mead School are proud to be part of the London Schools Neurodiversity Umbrella Project being run by the ADHD foundation.

Valuing Diversity is one of the core values that create the supportive environment for your children.

As part of raising awareness of neurodiversity we are running a competition at Hall Mead where students design a Neurodiversity Umbrella installation, the installation is made up of up to 25 coloured umbrellas that is displayed on the school site.

We are seeking donations of prizes for this competition. The bigger the prize pot the more interest and awareness we can generate.!

Please get in contact with us if you would like to donate a prize for the competition.

### <u>The Neurodiversity Umbrella Project - ADHD Foundation : ADHD</u> <u>Foundation</u>





## Want to be a secondary school teacher?

# Considering a career in secondary teaching?



Havering Teacher Training Partnership



## www haveringteachertraining co uk

Visit our website or contact us for more information about our postgraduate teaching programmes.

01708 255006 (Mon-Fri 9-4)
admin@haveringteachertraining.co.uk





# Need mental health support?

## ONLINE WORKSHOPS

WE ARE OFFERING A SERIES OF ONLINE WORKSHOPS TO SUPPORT YOU WITH UNDERSTANDING AND MANAGING YOUR EMOTIONAL WELLBEING

> SCAN THE QR CODE BELOW TO VIEW OUR UPCOMING WORKSHOPS





HEST

Havering Emotional Support Team

WE ARE OFFERING A SERIES OF ONLINE WORKSHOPS TO SUPPORT YOU WITH UNDERSTANDING AND MANAGING YOUR EMOTIONAL WELLBEING

> SCAN THE QR CODE BELOW TO VIEW OUR UPCOMING WORKSHOPS















Half-Term Ideas!

## Havering Active 5-18 years & Para Sports 5-25 years

## BOOK YOUR FEBRUARY HALF TERM ACTIVITIES NOW Monday 19 to Friday 23 February 2024

## To see all activities available and to book visit: www.haveringactive.co.uk

Havering

Havering ACTIVE.co.uk





# **WITH THE PURCHASE OF ANY ADULT MAIN**

T&C: MAX 2 KIDS WITH ANY FULL PRICE PAYING ADULT



## Kids eat FREE This Half Term

19th -23rd February

## CONTACT US

TELEPHONE NUMBER: 01708 440438 WWW.ONYXRESTAURANTANDBAR.COM



## Half-Term Ideas!



Essex Fire Museum Open Days Tuesday 20<sup>th</sup> February 2024 Sunday 25<sup>th</sup> February 2024 (10.30am to 4.00pm)





Visits must be pre-booked via: <u>museum@essex-fire.gov.uk</u>

Address: Essex Fire Museum, Grays Fire station, Hogg Lane, Grays, RM17 5QS







- Your everyday experiences and skills are transferable into a foster carer role, from providing emotional support to teaching life skills.
- Our fostering roles are suitable for individuals, couples, or families from all walks of life. All children are different, so our foster carers are too.
- We offer many different types of fostering roles, including short-term, parent & child, therapeutic and long-term.
- Be part of our professional team and receive our ongoing comprehensive training.
- Receive generous fostering allowances, benefits and tax relief.

# Could you be a foster carer?

There is a national shortage!

As a foster carer, you could provide a safe and stable home environment for a vulnerable child whilst enjoying a flexible and rewarding career that's literally life changing.

Ofsted Obstaries

Tel: 01708 395 708 Web: www.nexusfostering.co.uk/Essex

Unfortunately, the number of children being taken into care in Essex, North– East London and South London, is increasing so the need for Foster Carers is as urgent as ever.





## SPACES AVAILABLE TideaTa LAWN TENNIS CLUB ERM ΗA JUNIOR TENNIS CAMPS WEDNESDAY 21st FEBRUARY FRIDAY 23rd FEBRUARY

9.30am - 12.30pm • AGES 4-12yrs\* Arrive at 9.15am for registration



Fun tennis camps, learning basic skills & co-ordination, rally drills and lots of games for all abilities. \*Children will be split into their age groups.

£20 member £22 non member (per camp) (Please make payment on the day) To confirm your place, please contact headcoach.gpltc@gmail.com Tom 07885 968237



All coaches are fully LTA licensed coaches and CRB checked GIDEA PARK LTC, GIDEA CLOSE, ROMFORD RM2 5NP





Follow gideaparkltc on





# Havering Astronomical Society Young Astronomers

Monthly meetings at Thames Chase include talks, activities and observing with telescopes

8-16 years



www.havastro.co.uk young.astronomers@havastro.co.uk







## Havering Emotional Support Team (HEST) Newsletter

## Issue 3: February 2024

### **Children's Mental Health Week**

Children's Mental Health Week took place from Monday 5th – Sunday 11th February 2024, with this year's theme being 'My Voice Matters'. HEST had the opportunity to work with lots of young people across the borough; delivering assemblies, workshops, lunchtime clubs and awareness stalls.





### **Random Acts of Kindness Day**

Saturday 17th February 2024 is Random Acts of Kindness Day. Research suggests that acts of kindness are linked to increased wellbeing with research suggesting it increases happiness. Across the week we have delivered some treats to each of our schools, and encourage you all to take part. The picture below gives some ideas of ways you can get involved too!

indude romans in your helping my brother Play with someone who is Holding the door telping Someone tugging S when they feel down! help someone in class Share a tay with some re is they need help Smilling at

www.nelft.nhs.uk







### Time to talk day

Time to Talk day was on Thursday 1st February.

This day marked an opportunity for us all to be more open in talking about our feelings and mental health. We had a great time at New City College speaking with young people about the importance of talking about wellbeing and mental health and had great feedback from the young people that attended.



### Upcoming HEST events:



HEST would like to invite you to come along and have a chat with other Dads and our team.

When - Wednesday 6th March 6-7pm Where - Hornchurch Fire Station, Community Room, 42, North Street, Hornchurch RM11 1SH

Please register your interest <u>MHSThav@nelft.nhs.uk</u>



NELFT NHS

Please scan the QR code below and follow us on Instagram!



@ NELFT\_HEST

We look forward to updating you each half term about what our team has been up to. If you have any questions about the work that we do please speak directly to your school's HEST Link Worker for more information.

