



8th March 2024

Headteacher's Newsletter

Dear Parents/Carers,

Last week our pastoral team and school leaders received training on vaping in response to national concerns regarding an increase in the number of children who have reportedly experimented with vapes.

This was a timely training session as Jeremy Hunt has just announced a new tax on vapes to crack down on this type of smoking in the Spring Budget. The chancellor has introduced this levy on smoking alternatives in a bid to make them unaffordable for children and he said the move would take effect from October 2026. It comes after the government in November last year made plans for a “smoke-free” generation by banning tobacco products for children turning 14 or younger.

In order to support our parents/carers in ‘upskilling’ in this area, bearing in mind that approximately 20.5% of teenagers had reported trying a vape in 2023, we have linked up with ‘Wize Up’, a confidential service for children aged 10-18 within Havering. They provide advice and awareness on the different types of drugs and the effects they can have on the body.

‘Wize Up’ visits schools across Havering to share important information to parents and carers about the effects of drugs, vaping and alcohol.

Hall Mead School will be hosting a parent / carer presentation led by Wize Up on Tuesday 19th March, 4-5pm.

Information provided will include details around vaping, its effects on the adolescent body and issues with substance misuse.

Please can you complete the form below if you would like to attend by Thursday 14th March 2024.

<https://forms.office.com/e/Dv1VqaW6tm>

In addition to this workshop, if you have concerns about your child or someone else, you can refer to this service for support via: **[Wize Up - Havering - Referrals | Change Grow Live](#)**

Thanks again.

Miss Ducker
Headteacher



Important Dates

Just a reminder of the upcoming events for next week:

- Monday 11th and Tuesday 12th March—Year 8 HPV Vaccinations
- Monday 11th March—Havering Trampolining Competition
- Thursday 14th March—Year 9 PTC



Personalised Learning Award

This week, we have Niall F for the 'Personalised Learning Award'.

Niall has been working extremely hard towards his targets and has demonstrated the kindness value during lunchtime over in the PLC.





HALL MEAD SCHOOL

Essex County—Girls' Football Holly and Olivia B—Year 9

On Sunday 3rd March 2024, Holly, Olivia B, Izzy and Milena won the Essex County Cup by beating Hutton 4-0.

Holly was the GK and Olivia was CDM!

It was a great day and the match was played at Aveley.



What a fantastic result for the team!





HALL MEAD SCHOOL



Attendance Competition

Mrs Afteni, Senior Assistant Headteacher

Mrs Afteni is delighted to announce the start of our Trust attendance and punctuality competition 'Marvellous March'.

This competition challenges our students to have 100% attendance and no late marks for the month of March. We will be competing with our Trust schools Bower Park and Brittons to achieve the highest number of students who achieve both! When we ran this competition in November for Non-Stop November, we beat Brittons by just 1%!

All students who are successful will be placed into a raffle and have the chance to win either a £20 or £100 Love2Shop voucher!

Hall Mead 'Marvellous March' Competition



All names will be entered into a raffle (100% attendance and 100% punctuality)....

Overall Winner

£100 Love2Shop Voucher



£20 Love2Shop Voucher

Winner – 1 pupil from EACH year group



Who won 'Non-Stop November'?



	Hall Mead School	Britton Academy	Bower Park Academy	Week
0 lates and 100% attendance	79%	52%	52%	Week 1
0 lates and 100% attendance	66%	38%	38%	Week 2
0 lates and 100% attendance	51%	29%	29%	Week 3
0 lates and 100% attendance	41%	42%	21%	Week 4
0 lates and 100% attendance	36%	35%	18%	Week 5

Hall Mead won by 1%





Light Exposure

Mrs Harradine listened to a podcast by Dr Rangan Chatterjee and Professor Russell Foster last week about the importance of light exposure, especially with regards to teenage mental health. She shared the following with us:

• Greater night time light exposure (e.g. from a mobile phone) presents an increased risk of the following

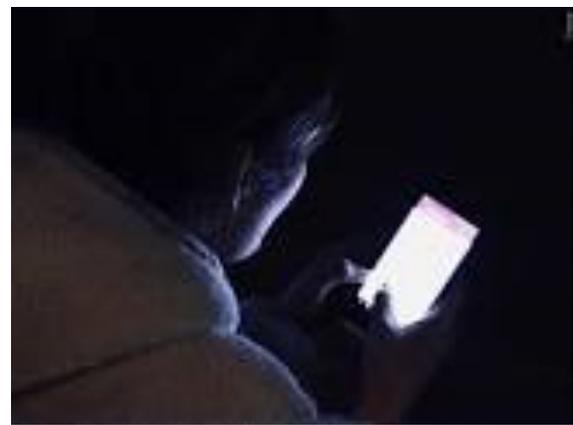
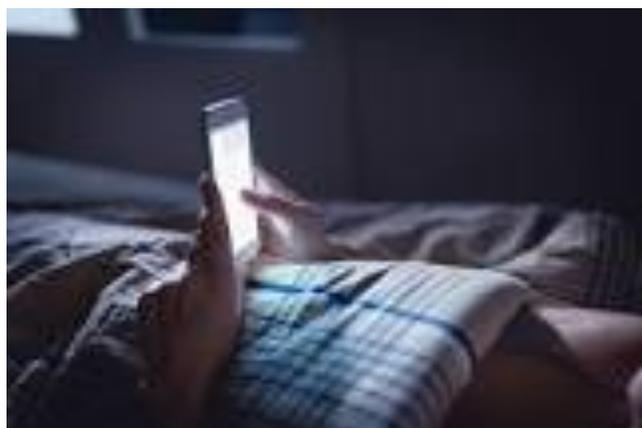
- ⇒ Major depressive disorder
- ⇒ Generalised anxiety disorder
- ⇒ PTSD
- ⇒ Bipolar
- ⇒ Psychosis
- ⇒ Self-harm behaviours



Whilst greater daytime light exposure reduces the risk of these conditions!

Avoiding light at night and seeking out light during the day is a simple and effective non medical means of improving mental health and young people are far more sensitive to the effects of light exposure.

Dr Chatterjee has worked with a severely suicidal adolescent who vastly improved his mood by reducing their light exposure in the evening by simply having no devices for two hours before bed.





HALL MEAD
SCHOOL



**METROPOLITAN
POLICE**

Metropolitan Police Youth Event

Mr Cole / Mrs Afteni

Students from Years 10 – 13 in schools across Havering were invited to attend a new Metropolitan Police Youth Event on **Wednesday 6th March 2024** at **Frances Bardsley Academy** from **1pm – 3.15pm**.

Students enjoyed a series of different activities which included:

- ⇒ Demonstrations and the opportunity to engage with various Metropolitan police resources (such as Armed response, Dogs, Territorial Support Unit)
- ⇒ Group sessions with students with policing scenarios to which students have to plan a response
- ⇒ Quizzes
- ⇒ Question and Answers, with a panel of speakers
- ⇒

Thank you to those students who represented Hall Mead School and attended the event. It looked like a great afternoon! Thank you to Mr Cole who accompanying the students and Mrs Afteni for arranging this opportunity.





**METROPOLITAN
POLICE**





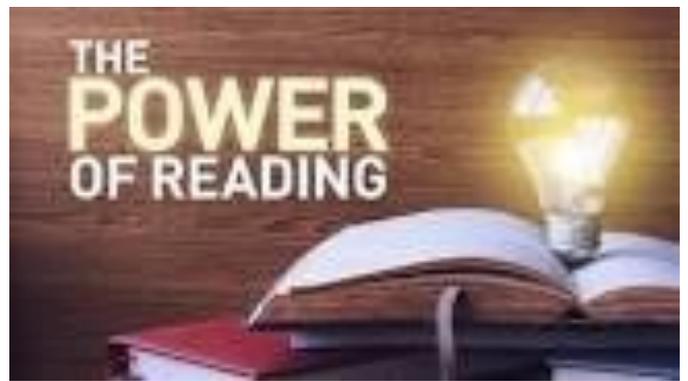
**METROPOLITAN
POLICE**







HALL MEAD
SCHOOL



Year 11 Poetry Reading - IWD

Miss James, Director Faculty

Thank you to the pupils who participated in the Year 11 Poetry Reading Miss James hosted in the library on Monday lunchtime.

Everyone celebrated International Women's Day by reading poems aloud.

It was a fantastic event and it is much appreciated that the pupils gave up their time to attend.

Miss James will be creating an anthology of the poems shared.





Year 8 / 9 Girls' Football

Mr Hart, Teacher of English

Mr Hart took his Years 8 and 9 girl footballers to next tournament at Bower Park on Monday.

Despite two wins and a draw, they were incredibly unfortunate to go out on goal difference.

They played incredibly well throughout and he was really impressed with all the girls. Well done to everyone who participated!

Year 7 Rugby

Mr Newall, Teacher of Religious Studies

Huge congratulations to our Year 7 Rugby Team who put in a massive team performance in both defence and attack to win 8-3 (40-15) at Royal Liberty on Monday.

There were 6 different try scorers which helped the team to their first win in a competitive fixture! Well done to the team! What a great win!





Sparx Winners—Miss Towey, Director of Maths

Week 28		Sparx Maths Superstars		Top 3 XP from each year group for this week	
Year 7			Year 8		
Sam J	7CS	Szofia B	8TB		
Bella M	7DC	Jun Xi L	8TB		
Megan L	7DR	Sami U	8WB		
Year 9			Year 11		
Mikhail GT	9CL	Taliyah J	11CS		
Dean H	9TV	Charlie H	11CS		
Aleks G	9TL	Connor J	11WBR		
Year 10					
Arishnan A	10CS				
Billy W	10WT				
Sophie A	10DH				

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

Achievement Point Totals



Year Group Totals					
Year	AP	BP	Total	Last Total	Increase
7	27540	676	26864	25851	1013
8	24207	1401	22806	21862	944
9	18688	1784	16904	16372	532
10	15101	1253	13848	13478	370
11	8989	1347	7642	7458	184
Overall Conduct Score			88064	85021	3043

House Totals					
House	AP	BP	Total	Last Total	Increase
Chapman	23803	1690	22113	21311	802
Dickens	25039	1484	23555	22822	733
Talbot	21421	1476	19945	19291	654
Waltham	21517	1779	19738	18963	775

Well Done to our Weekly Winners

Year 7
Aaliyah B 7WL

Year 8
Sami U 8WB

Year 9
Rhys E 9CN

Year 10
Zaki C 10OB

Year 11
Alfie B 11CC



Spanish Department

On Tuesday 5th March, Señora López and Señor Jiménez took Nathan A, Jasmine K and Gersa U to Rokeby School in London to take part in the Foreign Language Bee London Regional Final.

To get to this final, pupils had to learn how to say and spell 300 words! It was a very tough competition and whilst all three Year 7s did extremely well, unfortunately they did not get through to the National Final.

We are very proud of all three pupils; they were three of the last 62 out of the 2978 students who started the competition back in September.

We look forward to perhaps seeing them in the London Regional Final of the Translation Bee next year!



Kingston University Visit

Mrs Witchalls, Trust Careers Adviser / Mr Leslie, Assistant Headteacher

25 Year 9 students had a fantastic day at Kingston University for a STEM university and future skills event.

The students were given a tour around the university campus, explored different degrees available from a range of different universities and took part in some subject taster sessions.

The sessions delivered were engaging and included performing various experiments and using different equipment.

A particular highlight was when the students met 'HAL' the simulated medical trauma patient.

Students were able to observe different symptoms such as convulsions, allergic reaction (including a swollen tongue!), heart palpitations and heart murmurs.

Thank you to Mrs Witchalls and Mr Leslie for taking the students on this special trip!







HALL MEAD
SCHOOL

Easter Biscuits Competition

Years 7-9

Make and decorate your shortbread biscuits
with an Easter Theme

All entries to be photographed and emailed to :
Miss Carr - kcarr@elatschools.co.uk

Deadline Date: Monday 25th March 2024



Inspiration Websites

Use the links below for more ideas

[Search Results \(biscuiteers.com\)](#)

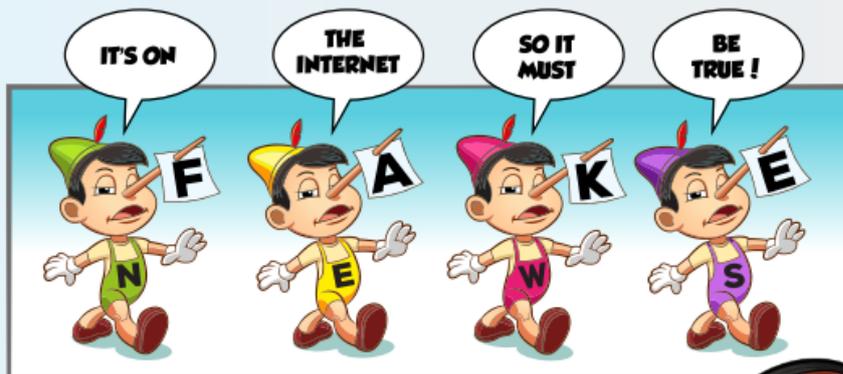
[UK Store \(fortnumandmason.com\)](#)

[Search Results - Holly & Co](#)

[Search: 11 results found for "easter" - The Biscuit Box](#)



A Parent's Guide to Fake News



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



Don't believe everything you see online!

Young people can very easily be dragged into things without parental guidance and support.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941



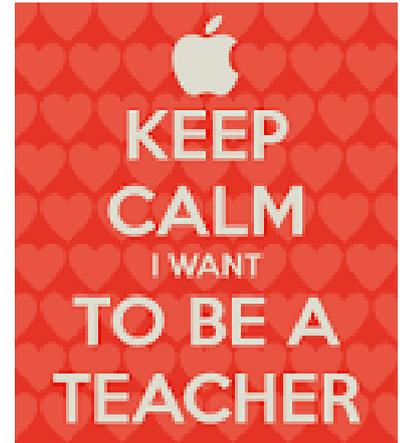
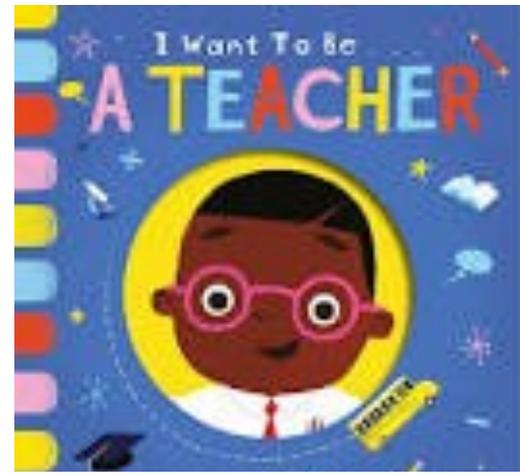
Havering
Train2Teach

Thinking of becoming a teacher?

Are you a graduate who is passionate about making a difference locally? If you think you have the determination and creativity to inspire the next generation of children, we would like to hear from you.

Our teacher training programme is run over a one-year period within local Havering schools in partnership with the tes institute.

We offer Primary General, Primary with Maths courses and apprenticeships, to gain QTS with the option of a PGCE qualification



We are a well-established, accredited Initial Teacher Training (ITT) provider working with a network of Primary Schools in Havering and working in partnership with tes institute.

You will experience two contrasting school placements and gain insight into all phases and sectors that the education sector has to offer.

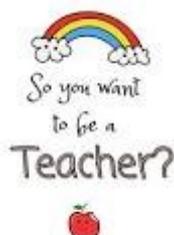
We will support you to become an excellent teacher, equipping you with the skills and resilience that you need for a successful career in teaching.

Whichever route you take we will support you on every step of the way

Please visit our website haveringtrain2teach.com

Or call Engayne Primary School on 01708 223492 and ask for Jill Mackintosh or Lindsey Moore

So...
YOU WANT TO
BE A TEACHER?



#EVERYLESSONSHAPESALIFE



Havering
Train2Teach



HALL MEAD
SCHOOL

WE ACCEPT
CHILDCARE
VOUCHERS

MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILDCARE FROM
8am - 6pm

AGES
4 - 14

EASTER CAMP 2024

EARLY BIRD OFFERS END 15th MARCH
EASTER DATES: 2nd - 12th APRIL



DIFFERENT MEGA ACTIVITIES EACH DAY AS WELL AS FOOTBALL, ARCHERY, DODGEBALL, ROUNDERS, KWIK CRICKET, BASKETBALL, TEAM GAMES, ARTS & CRAFTS AND MUCH, MUCH MORE...

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*Not to be used in conjunction with other offers

Air Cadets are recruiting!

Are you aged 12-16 and interested in Flying, Gliding, Marksmanship, DofE Award, STEM, First Aid, Drill, Aeronautical and Space studies, Cyber and Leadership?

In the Royal Air Force Air Cadets these and more are on our training programme, all whilst fostering a spirit of adventure and an interest in the Royal Air Force.

Interested? then why not come along to our next recruit event on Monday 4th September at 2000hrs to find out more and see some of our activities for yourself.



**ROYAL AIR FORCE
AIR CADETS**
the next generation

452 (Hornchurch) Squadron
30 Tyrells Close
Upminster, Essex,
RM14 2QA
Parades
Mon & Wed 1915-2130
452@rafac.mod.gov.uk

Instagram: 452_Hornchurch_Squadron
Facebook: 452 Hornchurch Squadron
Twitter: @452Squadron

