

12TH NOVEMBER 2021

NEWSLETTER

Harrow High School

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HARROW
HIGH SCHOOL



MR HALLAM YEAR 7 NEWS

Welcome back to a second half term at Harrow High School, and arguably one of the most important ones. We have an exciting half term ahead with aspirational trips to Middlesex University and to the pantomime, which we are sure all learners are excited about.

We also have our first data capture, which will be informed by tests that Year 7s sit this week. Finally, we look forward to welcoming you to our virtual parents evening on the 9th December. More information will follow closer to the time.

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MR PREDA YEAR 8 NEWS



The Year 8s have made a great start to the half term. Their teachers have commented on their positive attitude to learning and excellent discipline.

Congratulations to all the 71 students in the year group whose attendance is still at 100% this academic year.



MR ESTON

YEAR 9 NEWS

I would like to share some of the fantastic projects that 9LSE did recently in science with Miss Britton. The projects that the students produced on the solar system were "out of this world".

The competition was separated into three sections. Here are the winners and a few pictures to show the overall quality of work each member of LSE produced:

Extra Dimensional: Kiayon Moore

3D: Zahra Ali

2D: Teodora Ion

Congratulations to you all!

Please be reminded that there are a number of trips being arranged at the moment. Please ensure you have signed up and or returned your forms to the designated teachers.



MR GONCALVES

YEAR 10 NEWS



The Year 10s have come back in an excellent mindset after the short one week break. It has been especially fantastic to see learners looking smart in full uniform. Please do keep these high standards up. We have been delighted at the excellent engagement levels in classrooms that all learners have been contributing to, and this has been reflected by the amount of achievement points that have been given out for "Excellent Learning and Progress". Keep this up!

We are pleased to announce we are able to organise our aspirational trips again. Year 10 learners will have

the opportunity to dive deep in the Christmas spirit and ice skate at Queen's skate on the 7th December. We hope to see all learners there for a fantastic time!

We will be paying our respects to those who gave their lives for the country this week with our annual Remembrance Day Service, with quite a few Year 10s playing their role as Army Cadets. We are extremely proud of them for showing their commitment to such an important event for our school community.

"We have been delighted at the excellent engagement levels in classrooms that all learners have been contributing to..."



MS BARRETT

YEAR 11 NEWS

Well done to all Year 11 for an excellent start to the second half of the first term. It is really good to see all learners engaged in lessons and focused on targets that have been set by staff. Year 11 PPE week starts Monday 29th November; All learners have now received a timetable for these exams.

If for any reason you need a timetable please come and see myself or Ms Campbell for one.

I would also like to mention that Mr Sa'id has spoken to me to express how well year 11 are doing in Science, .

with particular congratulations to 11xy1 and 11xy2 that have done exceptionally well.

UPCOMING EVENT:

On Thursday 25th November we will be holding a Sixth Form and College taster day for all Year 11s. There will be two taster day experiences. One group will be invited to spend the whole day in the Sixth Form, and another will experience an "in house" taster morning with Stanmore College during P1-3. All parents and learners have been emailed the invitation letters. Please refer to these for more information.

"It is really good to see all learners engaged in lessons and focused on targets that have been set by staff"

SIXTH FORM NEWS

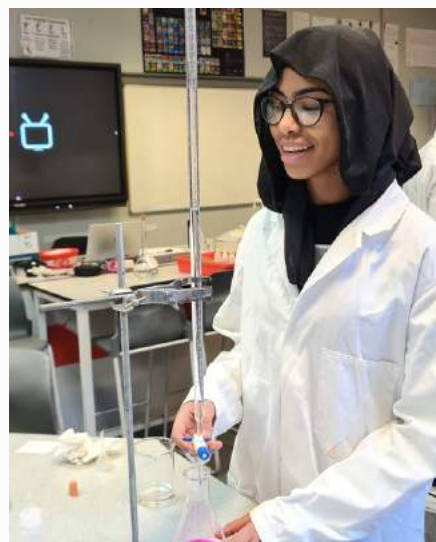
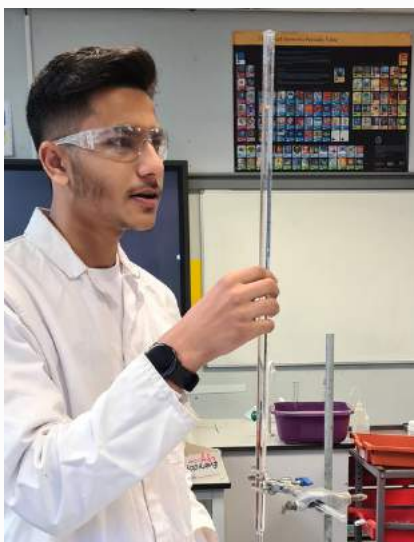
BRUNEL UNIVERSITY TASTER DAY- 03.11.21

The Year 12 cohort attended a Taster day at Brunel University which offered students an opportunity to view the campus, halls of residence and experience a taster lecture. The students were given information on student finance and how to produce the perfect personal statement. This was their first experience of university life which enabled them to gain a valuable insight into life after Sixth Form.



YEAR 12 CHEMISTRY

Year 12 A level Chemistry students demonstrated their fantastic practical skills when they carried out a titration procedure this week.



UPCOMING SIXTH FORM EVENTS:

SIXTH FORM PPE WEEK- YEAR 12 & 13

(MONDAY 22ND - WEDNESDAY 24TH FOR YEAR 12, AND FRIDAY 26TH NOV YEAR 13)

Yr 12/13 PPE - W/B 22/11/21					
	Monday	Tuesday	Wednesday	Thursday	Friday
09:10 Start	Yr 13 Chemistry 1	Yr 13 Psychology 1	Yr 13 Sociology 1	Yr 13 Maths 2	Yr 13 English 2
	Yr 13 Economics 1	Yr 13 Physics 1	Yr 13 Comp Sci 1		Yr 13 Biology 2
	Yr 12 Biology	Yr 13 BTEC Bus 7	Yr 12 Psychology		Yr 13 BTEC Bus 6
	Yr 12 BTEC Bus 3	Yr 12 Chemistry	Yr 12 BTEC Bus 2		
	Yr 12 BTEC Sci 1	Yr 12 Business	Yr 12 Economics		
		Yr 12 Geography	Yr 13 BTEC Sci 7		
13:40 Start	Yr 13 Maths 1	Yr 13 English 1	Yr 13 Chemistry 2	Yr 13 Psychology 2	Yr 13 Sociology 2
	Yr 12 Maths	Yr 13 Biology 1	Yr 13 Economics 2	Yr 13 Physics 2	Yr 13 Comp Sci 2
	Yr 12 Sociology	Yr 12 Comp Sci			
		Yr 12 English			

JOHN LYON SCHOOL UNIVERSITY FAIR- 19.11.21

All Year 12 students will visit John Lyon School in the afternoon of 19th November to take part in a University Admissions/ Career Event. There will be a range of universities and organisations attending who will give information on the different pathways the students may take after they finish their A level and BTEC studies.

KS5- NCS IN-SCHOOL PROGRAMME- 25.11.21-02.12.21

We are excited to announce that the Year 12's will be taking part in a 6 days NCS In- School programme at the end of November. They will spend the first three days completing outdoor activities, then returning to school to complete a social action project. We strongly believe that this programme will empower our young people to make positive changes in their local communities and build essential skills for work and life.

NCS Life After Lockdown Short Film -

<https://www.youtube.com/watch?v=h9wn33EtBe0>

NCS Summer 2021 -

<https://www.youtube.com/watch?v=DeR4VNg6YqI>

KS5- EXTRA CURRICULAR CLUBS

The Sixth Formers have been staying active during school by participating in some extra curricular clubs. The Sixth Form now has a Badminton club and Football up and running and is a good way for learners to work on their teamwork and communication skills as well as carrying out 30 minutes of activity a day.

KS5 DEBATING SOCIETY

At the end of October, the debating society was launched. The first week covered the debating styles used in the British Parliament. The learners learned the different types of teams in a debate (Opening Government, Opposing Opposition, Closing Government, Closing Opposition and POIs). There was a short debate on the obesity crisis within the NHS. The posters below outline some recent debates.



UCL STUDY PREP

UCL Study Prep is a free online course for students in Year 13 who are preparing to study at university. The course may also provide helpful information for students in Year 12 who are currently thinking about making an application to study at university. The module contains information about academic reading and writing, referencing, and getting started at university. It is open to all students regardless of where they have applied for university.

Find out how to sign up here:

<https://www.ucl.ac.uk/widening-participation/learners/year-12-and-13/ucl-study-prep>

SCHOOL NEWS

DIWALI CELEBRATIONS

It was a great pleasure to celebrate Diwali last week. At HHS we are committed to diversity and therefore, we have organised a series of events to celebrate the Hindu community

All year groups have had an assembly about the significance and importance of Diwali. Our thanks go out to Mrs Vaghela for organising and delivering such an informative presentation. Mrs Sahu, our Exams officer, has selected a playlist of Indian songs that has been playing on the school speaker systems during lessons and at break/lunchtime. Her choices were excellent and gave us an opportunity to appreciate the cultural impact of Indian music and the diversity of this musical culture.

Additionally, the very talented canteen team put together an exciting Diwali menu with multiple vegetarian dishes and deserts. Thank you to Mrs Bowen and Miss Carver for the decorations and to Mr Patel for his insight. Happy Diwali to you all!

BRILLIANT CLUB

We are delighted to congratulate the following Year 8 learners on their graduation from the Brilliant Club: Nishka, Parth, Sarthak, Vihan, Austin and Shivan.

Last year was particularly challenging and these learners were shown to be resilient, supportive of each other and with great willingness and determination to learn all the way through the course, especially when most of it took place during lockdown.

They were given A-Level materials to work with; they wrote essays for their Literature Module and prepared presentations for their Economics Module. They made fantastic progress and worked to an outstanding level, leading them to an incredible success on achieving High Class Honours.



SAFEGUARDING

MENTAL HEALTH

What is mental health?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage a full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

Often, life events that are outside our control can damage our mental health, and this is made worse if we feel powerless to do anything about them.

Top tips for how you can support your child's mental health

Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.

Talk openly about mental health

Just as you might encourage them to eat fruit and vegetables to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example staying connected with others or being physically active in order to take care of our minds.

Model good habits

Children often learn from copying what they see around them. If you are taking care of your own mental health, it is easier for them to see what good habits look like.

Think about phone usage of both theirs and yours

We don't fully understand the impact of social media on our mental health, but using phones and laptops can impact on our sleep, which is important to our mental health. We are also more likely to listen to one another if we're not distracted by technology.

Notice any changes in your child's behaviour

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

Let your child know that you're concerned

Explain why you feel that way, for example if you have noticed they haven't been interested in activities they usually enjoy.

Use activities that you do together to have conversations about how they are doing

Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.

Let them know that struggling sometimes is normal and nothing to be ashamed of

Tell them about the mental health aspect of our lives and how everyone might experience difficulties, including you. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.

Listen and empathise

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy involves acknowledging what your child is feeling, trying to understand this from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.

If you're still worried

Talk to a trusted member of school staff or your GP who can point you towards sources of help.

