



Friday: 19th March 2021

Dates for your Diary

- Thursday 1st April – Inset Day
- Monday 19th April – all students return to school following Easter holidays

Attendance:

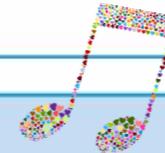
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HAL tip of the week:

The four pillars of good health

The four pillars of health are to relax, eat, move and sleep. There are guidelines to follow regarding what to eat, how to get active and how much sleep you should get each night. However, the relaxation pillar is very subjective and finding what works for you may take time – see some tips below:



School Uniform

A reminder that all students are expected to arrive at school in full school uniform with proper shoes, not trainers. Local school uniform shops are offering a click and collect service on Mondays, Wednesdays and Saturdays, so you can still get hold of blazers, ties and HAL kit. Try Mansuri and Midlands Schoolwear: <https://mansuri.co.uk/pages/store-updates> <https://www.midlandsschoolwear.co.uk/pages/contact-us>

Listening to music can be entertaining, and some research suggests that it might even make you healthier. Music can be a source of pleasure and contentment, but there are many other psychological benefits as well. Music can: improve cognitive performance, reduce stress, help you eat less, improve your memory, help you sleep better, improve motivation, improve mood, reduce symptoms of depression and improve endurance and performance. What will be on your relaxation playlist?

Some notices

Inset Day: Please make note of the Inset Day on Thursday 1st March. This is a teacher training day so students will not come to school.

Visiting School: Please only come to the school Reception in an emergency. If you need to speak to someone, please phone Reception and be advised by them in the first instance.

Follow Us: Follow us on Twitter @Ninestiles to see some of the great things our students get up to at school.

Book of the Week

Just Like Me by Louise Gooding

The world is full of people who are a little different in one way or another. Our uniqueness is what makes us stand out and makes us who we are. Diversity should be celebrated and we should not be judged on things that can or cannot be seen. We are all special. We are all unique. We are all 'different', not less. This is a collection of true stories about inspiring people and famous figures from around the world, all with physical or neurological differences. Reflective of our society, this anthology features figures including Simone Biles, Stephen Hawking, Greta Thunberg, Naoki Higashida, Sudha Chandran, Warwick Davis and Harriet Tubman.



Academic Words

KS3: final, design, consumer, assistance, chapter
KS4: thesis, exhibit, accompany, induce, contemporary

Literacy Focus

Collocation

Collocation refers to ways in which nouns occur with some verbs and adjectives but not others with similar meanings. For example, we can say 'traffic flows', but not 'a car flows' and a car 'runs' but does not 'walk', a powerful car but not a strong car, winds are strong, rain is heavy, etc.

Thought of the Week

“Never let the fear of striking out stop you from playing the game.”



Babe Ruth

Students of the Week

Year 7	★	Jake Wesley
Year 7	★	Karima Mohammed
Year 8	★	Paige Muldowney
Year 8	★	Zunoon Ahmed
Year 9	★	Badar Ahmed
Year 9	★	Tayyab Mahmood
Year 10	★	Ahbab Siraj
Year 10	★	Mim Akhtar
Year 11	★	Emily Evans
Year 11	★	Isaac Hussain