

Dates for your Diary

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

Friday: 26th March 2021

Attendance:

92.4%



ATTENDING SCHOOL
PREPARING FOR LIFE

HAL tip of the week:

Get your steps in!

Walking 10,000 steps a day has become a popular fitness goal. Aiming to walk 10,000 steps a day is a great way to motivate yourself to move more and to interrupt the time you spend sitting. As a result, it can have a tremendous impact on almost every part of your body. Here are 10 of the biggest health benefits you can expect from walking 10,000 steps a day:

Book of the Week

The Colours that Blind
by Rutendo Tavengerwei



Tumi desperately wants to make the Zimbabwean national swimming team. Only in swimming does he escape the hatred and exclusion that his albinism brings him. But when he has to stay with his grandmother for a while, the trauma of the terrible thing that happened to him comes rushing back. Can Ambuya reassure Tumi by revealing her own shocking past – a story riddled with racial hatred in war-torn Rhodesia, featuring murder and an illegal love? And what of Tumi's suspicions that she was involved in his nightmare?

Boost heart health, strengthen your lungs, improve concentration, strengthens your bones, builds muscles, stabilises your blood sugar, reduces blood pressure, improves flexibility, boosts energy levels and improves your mood.

Be like Mr Lilwall who achieved 148,892 steps, or Sahil Hussain in 11-8 who achieved 146,251 Steps from Monday to Friday last week in the HAL Privilege Praise competition!

Face Masks

Please remember to send your child to school with either a reusable mask or a supply of disposable ones. It is the family's responsibility to provide these. Thank you for your support in ensuring our school is as safe as possible for your children and our staff.



More SOTW!

It's been a bumper week for Year 8 Student of the Week nominations. Hafsah and Kamran were nominated for their fantastic work in French, and Keziah and Zakariya for their excellent work and attitude to learning in Spanish. Our special mention goes to **Ali Sardar-Khan** for his lovely manners, which were noticed by Miss Reeves: *"I saw him hold the door in the corridor for lots of Year 8 pupils the other day and he stayed there for a while! I was waiting for my lesson to start; he was absolutely amazing and so polite. I wanted to let him know that it was appreciated."*

Academic Words

KS3: administration, impact, element, construction, community
KS4: radical, clarity, appreciate, tense, crucial

Literacy Focus

Nominalisation

Nominalisation occurs when a verb or adjective becomes a noun, for example:

Erode = erosion and popular = popularity.

It is estimated that GCSE and A Level exam papers include over 78% of nominalised language. The process of nominalisation when writing makes writing more academic in tone.

Thought of the Week

Don't stop until you're proud.



Students of the Week

Year 7	★	Orla Madigan
Year 7	★	Rizwan Shah
Year 8	★	Hafsah Masood/Kamran Latimer
Year 8	★	Keziah Reid/Zakariya Hanif
Year 9	★	Haroon Tanweer
Year 9	★	Arisa Begum
Year 10	★	Abigail Konadu
Year 10	★	Sheymaa Suleiman
Year 11	★	Jacob Hall
Year 11	★	Amelia James