



Friday: 23rd April 2021

Dates for your Diary

- Monday 3rd May – Bank Holiday (school closed)
- Please note the Year 10 Parents' Evening on Tues 4th May is postponed.

Attendance:

93.6%

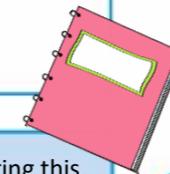


ATTENDING SCHOOL
PREPARING FOR LIFE

HAL tip of the week:

An attitude of gratitude

During the pandemic, many young people have been struggling with being stuck inside, away from friends and family, worried for their physical health and the health of their loved ones. This is a worrying and anxiety-provoking time for many of us....



Book of the Week A Good Day for Climbing Trees By Jaco Jacobs



Thirteen-year-old Marnus is tired of being overshadowed. His older brother is a star athlete who gives girls kissing lessons, and his younger brother is a crafty entrepreneur who has tricked Marnus into doing the dishes all summer. Things change when a girl named Leila shows up at their front door with a petition to save a tree. Soon they find themselves at the centre of a protest, as Marnus and Leila camp out in the tree to stop it from being cut down by developers laying a pipeline. Their protest inspires the town, and Marnus finally has the chance to be noticed.

If this is how you are feeling, one thing that may help during this pandemic is to practise positive psychology. Research has shown that gratitude can have all sorts of benefits for our well-being, from improved sleep, to more enjoyment of school, and even more body satisfaction. Practising gratitude is not just a case of having a positive view of life, but a way of putting life into perspective. By thinking of what we are grateful for, it helps to shift our perspective from negative to positive.

A gratitude diary is a great way to incorporate gratitude into your daily routine. It is good to fill in your gratitude diary at night in order to end the day on a positive note and be relaxed before you sleep. Try to make filling in your gratitude diary a part of your daily routine.

Year 11 Assessments

Year 11 assessments will be taking place next week. Students have been issued with assessment timetables and will be expected to adhere to the timings and meet behaviour expectations at all times. They should continue to revise for all subjects and liaise with their subject teachers if they need support. Intervention is still taking place so students should be attending those sessions. We would like to wish all Year 11 the best of luck. Miss Kaur.

Poetry Competition Winners

The English department held a poetry competition based on 'Spring' and they had some wonderful entries. The winners were:

- Amelia in Year 7
- Aamina in Year 7
- Tamim in Year 9
- Adewonuola in Year 9
- Uyaynah in Year 10



Academic Words

KS3: site, institute, resident, obtained, equation
KS4: ambiguous, implicit, diminish, contradict, manipulate

Literacy Focus

What is a sentence?

A sentence needs a main clause.
A main clause includes a subject and verb, e.g. The boy (subject) listened. (verb)
A sentence needs a capital letter and ends with a full stop or question mark or exclamation mark.
A sentence needs to make sense.

Thought of the Week

"Who you think you are each day, completely determines the universe you live in."

Ram Dass



Students of the Week

Year 7	★	Nakayla Kaur
Year 7	★	Malak Isa
Year 8	★	Saim Farooqi
Year 8	★	Intissar Nadour
Year 9	★	Dawood Ibrahmi/Thrishul Chhaya
Year 9	★	Adewonuola Adesemowo
Year 10	★	Shannon Gately
Year 10	★	Amar Rathore
Year 11	★	Taha Nadeem
Year 11	★	Attiya Rashid

