



The Eagle

Newsletter

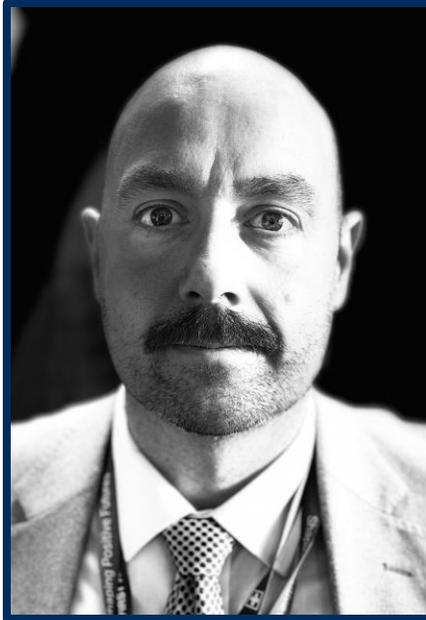


Year 10 - Volume 2

Hessle High take on 'Movember'!



Mr Parkin



Mr Chapman



Mr Sinclair

Movember - the month formerly known as November - is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.

The aim - at Hessle - was to raise money towards the House Charities but also take the opportunity to allow staff to prioritise their own wellbeing a little more by having an increased number of socialising opportunities through being physically active. Staff participated in several different sports, including table tennis, badminton, volleyball and football. As well as this, the gym was open daily (as it always is), should that have taken anyone's fancy.

The amount of conversations amongst staff was great regarding the Movember initiative, whether it was joining up to take part in sport or laugh and talk about Moustaches (these conversations even extended out to students) - all in the name of mental health.



Head of Year 10 Updates

Mr Julian



Developing Resilience

A wise man once said, “Nothing in this world can take the place of persistence and perseverance”. It was actually my old Form Teacher, Mr Rowntree, and his words have stayed with me for 26 years (and counting).

With the risk of placing too much importance on resilience, the need to develop these skills is probably more important now than ever before. It is worth saying that resilience, perseverance and coping skills can all be improved and developed with hard work.

The role of developing resilience relies heavily on providing our young people with the right environment to learn. We not only have to provide the right amount of challenge but also the right amount of support. Too much challenge and no support results in stress, pressure and burnouts. Too much support and not enough challenge can lead to complacency.

So, how can we develop resilience:

- Keep your eye on the prize (maintain your perspective). Keeping a sense of perspective is crucial. Having the ability to keep an eye on the bigger picture as well as the mundane small details will help you stay on track. Being able to focus on both during tough periods will help develop resilience
- Surround yourself with people who make you feel good, and further your development. Often when we isolate ourselves due to growing pressures, the more we brood over bad decisions which in turn increases our stress and frustration. Surrounding yourself with like-minded, kind, hard-working people will impact on your wellbeing and effort levels
- Believe in yourself and your own abilities. Have hope! Being optimistic is crucial in developing resilience. When you believe in yourself you are more likely to push yourself and place yourself into challenging (and hugely rewarding) situations
- Be flexible. Learn to be adaptable, things will go wrong, being able to ‘flex’ with these changes is a key part of resilience. Bruce Lee noted “the stiffest tree is most easily cracked”

Head of Year 10 Updates

- There will be some stress...Don't totally avoid stressful situations. Finding the right balance is tricky but some stress is helpful, it means you care

Right now, the prospect of starting their GCSEs, coursework and the prospect of organising their Work Experience will undoubtedly be a worry to many students in Year 10 and I encourage you to discuss the steps mentioned above and most importantly encourage them to discuss their concerns with their Year Leader, Tutors and Teaching Staff.

Students in the Spotlight:

It is with great pleasure that I can report several successes for the Year 10 students who represented UYDC at the Winter Jam last month. Team 'Electra' made up of Year 10 Hessle High School students won the team event, with the same students picking up a first, second, third and fourth position in the Solo Category as well as a first and second place in the Duo category.

A special mention must also go to Lucas C (10C1) who qualified for the National Swimming Gala in Sheffield, swimming in the 400m freestyle; he will be in Sheffield again this weekend representing Kingston Upon Hull in the 800m freestyle. Lucas is currently ranked 6th quickest in Britain in the short course (25 meters) freestyle.

I am sure you will all join me in recognising these amazing successes and look forward to hearing more about them in the future.

Mr Julian
Head of Year 10
Mrs Green
Assistant Head of Year 10

Physics - Year 10 are working through their electrical circuits topic which involves quite a few required practical investigations. They are learning about resistance and how this is related to the length of wire, I-V characteristics and series and parallel circuits.

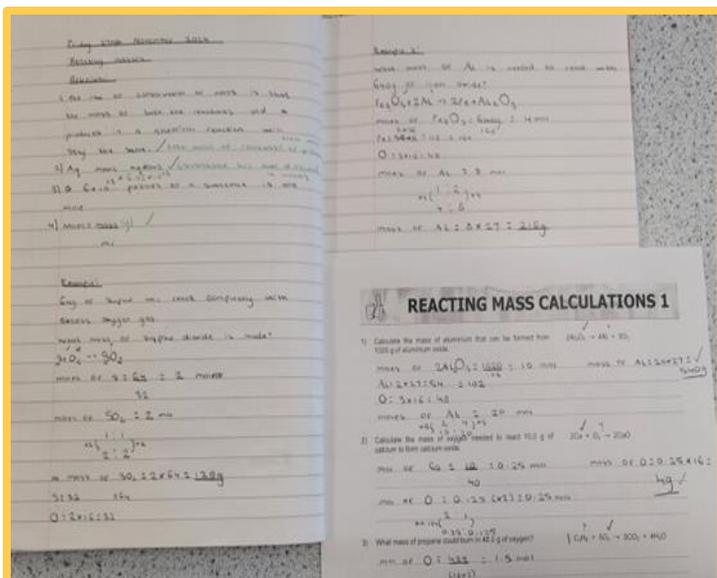
Chemistry – Students have been working through the chemical calculations topic to investigate reacting masses during chemical reactions. Some of our students are now learning about different types of reactions that are useful in extracting metals.

Biology – Year 10 has been all about genetics. Pupils have looked at why our eyes can be brown or blue and why we can roll our tongues in their inheritance lessons. They then looked at evolution and why so many different organisms exist in the world around us.



Teacher Shout-Outs

Jack H, Sydney P and Sophie G in 10E1 for fantastic effort and resilience with the challenging reacting mass calculations.



Upcoming Curriculum/Events:

Physics – Upcoming topics; Electricity in the Home, Radiation, Forces in Balance and Forces in Motion

Chemistry – Upcoming topics; Chemical changes and electrolysis

Biology – Upcoming topics; Antibiotics, vaccinations and drug development

Geography

Year 10 Geographers have had a busy start to the year. The year began with Challenges of Natural Hazards where a range of hazards were studied. Students investigated earthquakes in Haiti and Christchurch as well as Typhoon Haiyan in the Philippines, finishing off with a study of the Beast from the East.

They have now moved on to human geography and are finding out about urban issues and challenges. This involves studying the cities of Lagos in Nigeria and London, with a focus on the impacts that the Olympics brought to Stratford.



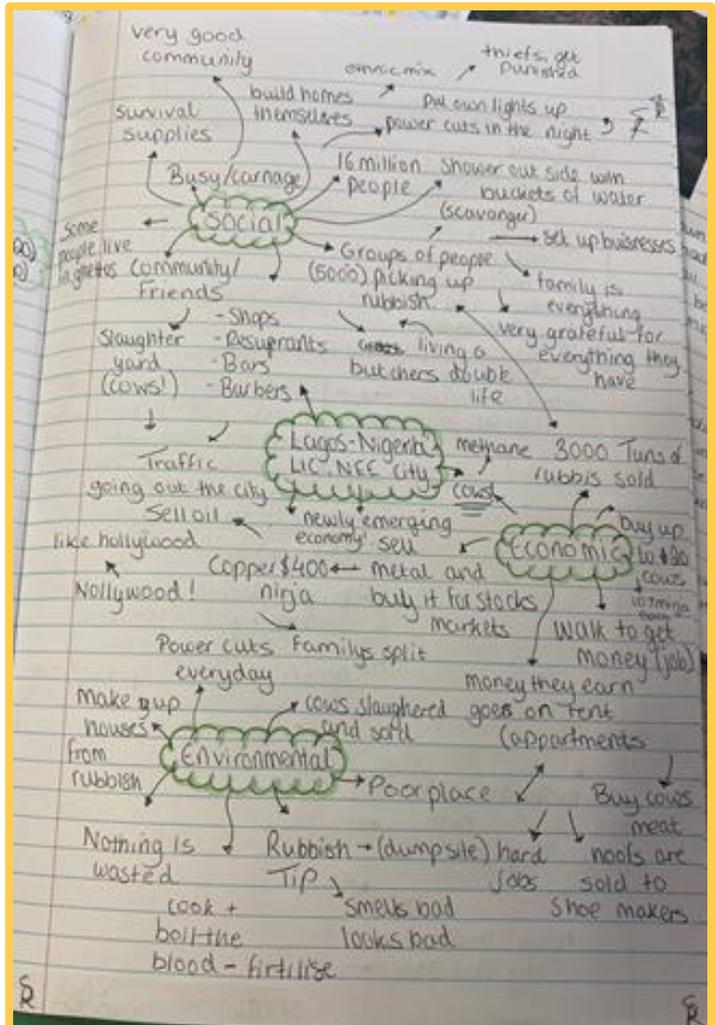
Teacher Shout-Outs

Lucas C, Phoebe S, Ryan B, Thomas B, Ashton A, Jake D, George L, Lydia B and Megan O from 10N – you are all Geography superstars

Lauren K, Rachel OA, Oliver I, Olivia M, Caitlin D and Pixie C from 10P – great attitude to learning

Olivia C, Maddie W, Harriet D and Isabelle A on their great attitude to learning since beginning their GCSE Geography course.

Jack H and Ella H from 10R – great effort in the mid and end of unit assessments.



Upcoming Curriculum/Events:

Resource management and Physical Landscapes are upcoming topics.

Business and ICT

Year 10 Business Studies students took part in a FEO enterprise day at the start of October. As part of the day, students were given the opportunity to meet with local entrepreneurs and compete in an enterprise challenge designing and pitching their own business idea.

Year 10 BTEC students have tackled their first unit, component one, which teaches the students about user interfaces. Students have looked at a past example brief and completed tasks that relate to the coursework they will be completing in February.

Year 10 Computer Science students have developed their coding skills in Python and learnt about logic gates, images and sound and how these are represented in a computer.



Teacher Shout-Outs

Scarlet FC, 10P – always giving 100% in lessons and has completed some lovely work in ICT

Jack E, 10S – always working hard in lessons

Kamil G and Jenna K, 10Q. Kamil has turned out to be a programming machine and soaks up these skills like a sponge. What Kamil has been able to achieve in the last 12 weeks has been nothing short of exceptional. A future Computer Scientist to be watched out for. Jenna has produced some of the best revision notes and has one of the best attitudes to learning I have seen in a long time. It just so happens that the notes Jenna took, went home and worked on enabled her to score 47 out of 47 on her last large assessment.

Upcoming Curriculum/Events:

BTEC Year 10 will be completing their first component of coursework after February half term. This component will go towards their final GCSE grade.



History

This term, students have been learning about the development of medicine in Britain from the Medieval period to the present. Students have been examining the development of ideas about the causes of illness and how illness was treated and prevented. They have also been learning about how people, events and developments influenced medicine over time and have been making comparisons between different periods of History.

Vesalius	Harvey
Discoveries <ul style="list-style-type: none">• Studied medicine in Paris in 1533.• Vesalius went to the famous university in Padua in Italy, then became a lecturer in Surgery.• Had an interest in the human body and was taken to share his discoveries with the rest of the world.• Wrote a book called <i>On the Fabric of the Human Body</i>.	Discoveries <ul style="list-style-type: none">• Born in England in 1578.• Through dissection he learnt that blood flowed towards the heart.• Liver doesn't make blood → Heart pumps blood around the body.• Veins and arteries were connected.• Veins only carry blood.
What enabled them to make their discoveries? <ul style="list-style-type: none">• Had access to dissect the bodies of executed criminals.• Proved Galen's theory of the body wrong.• People drew his research.	What enabled them to make their discoveries? <ul style="list-style-type: none">• Harvey spent hours repeating experiments to make every detail. He had a high level of surgical skill.• Being employed as a personal doctor meant Harvey improved medical instruments, meant Harvey could make accurate cuts.
Impact <ul style="list-style-type: none">• Vesalius's work inspired other anatomists, some of whom went to correct his mistakes.• After Vesalius died Fabricius discovered valves in human veins.• Lots of traditional physicians were angry that he had criticised Galen.	Impact <ul style="list-style-type: none">• Harvey's arguments relied on the careful observations of human and animal anatomy.• He encouraged other scientists to observe and experiment on actual body S.



Teacher Shout-Outs

Alice G (10M) - Has produced some impressive exam style responses during purple zone work.

Lucy D (10M) - For never being satisfied with anything less than perfection!

Jacob G (10P) - Gives great verbal responses and is beginning to show this knowledge in more detailed responses to exam-style tasks.

Jack E (10R) - Quietly completes all tasks in lessons to the best of his ability on a consistent basis.

Upcoming Curriculum/Events:

Next term, students will be completing the medicine component of the course by learning about the development of medical treatments during WW1 and the challenges doctors faced working on the Western Front.

After this, students will move onto the first Paper 2 component of the course; Anglo-Saxon and Norman England 1060-1088. They will be learning about how the Norman Conquest changed and shaped the Medieval landscape in England. This will include learning about events leading up to the Battle of Hastings and how William the Conqueror established control of England.

Music

Music students in this first term have been recapping the inter-related dimensions of music which were first learnt in Year 7 - these dimensions are crucial to music analysis. The group have also explored their first two set works on the GCSE course: Brandenburg Concert No.5 by J.S. Bach and Beethoven's Piano Sonata No.8 in C Minor.

In the lead up to Christmas we have also been developing our ensemble skills by working as a class to re-create some classic Christmas hits ready for our Christmas Concert.

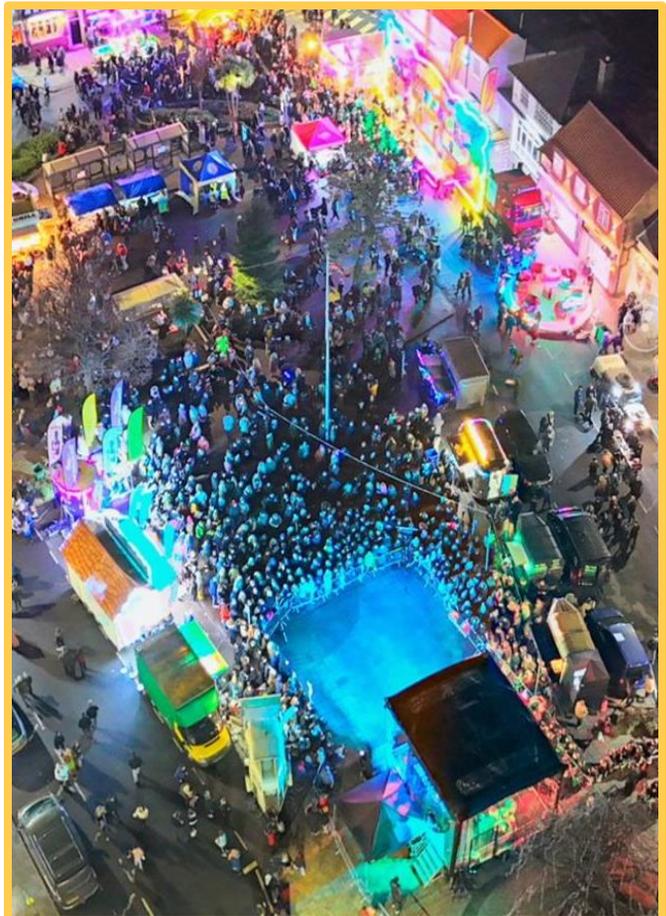


Teacher Shout-Outs

Some of our students were part of the band 'The 413' which performed at the Hessle Christmas Lights Switch On. I want to congratulate everyone involved especially Jacob, Harry R and Sam P

Upcoming Curriculum/Events:

Rehearsal time for all students every Tuesday in F25, 3pm – 4pm.



Drama and Dance

Dance - In Year 10 the students have been preparing for Component 2 which they will start in January, this is all about developing skills and techniques in Dance.

Students have been analysing professional dance pieces as well as developing their own choreography skills by developing a solo piece based on a given stimulus.

Drama - Year 10 have started the year with an introduction to the BTEC course, preparing for their first component which will start in January. Within this term students have been developing their technical and interpretive skills and have been examining different practitioners and performances to gain a practical appreciation and develop their understanding of the works.



Teacher Shout-Outs

Lily J, 10Q, Dance
Mia A, 10Q, Dance
Ben M, 10Q, Drama

Upcoming Curriculum/Events:

School Production of GREASE the musical – March 2025



Orlando House Updates



I would like to congratulate Orlando House for their continued hard work, commitment and enthusiasm. So many of our students continue to go above and beyond to represent our house in an array of academic and extra-curricular activities. Some of the highlights of the first term have been:

- Thousands of positive House Points collated by our students across all year groups
- Positive relationships being built within tutor groups
- Continued fundraising activities in support of our house charity WISHH



I would also like to congratulate all the students and staff in Orlando house who contributed and spent money at our Christmas Fayre on Wednesday 4th December. This was a fantastic whole school event that has raised money for out 4 house charities. Special shout outs for outstanding effort go to:

- Emily Y 1001 for a great tombola

Well done Team Orlando.

Mr Adams

Head of Orlando House



Portia House Updates



As the winter term draws to a close, I would like to thank all the students in Portia house for their hard work and determination in lessons and their commitment to our wider school enrichment through attending clubs. When students go above and beyond the expectations of day-to-day school life, or they consistently keep getting the basics right, they receive house points which not only accrue to the house total, but students can also pick up some milestone prizes along the way.

In my last update, Portia were 2 in the running for the House Cup but now we are in 1 place with 132,702 house points which is testament to everyone's resilience and determination to be the best version of themselves. Outstanding work Portia House! Congratulations to 7P1 who continue to have the highest total per tutor group with 14,147 house points. Just a reminder that if any members of Portia House have any successes or achievements accomplished outside of school time, then please let your tutors know so they can pass them on to me for a special mention, additional rewards and house points in our termly Celebration Assembly.

We hosted our first House Collaborative Christmas Fayre which was a tremendous success. All the students and staff involved should be incredibly proud of themselves for their commitment and creativity in making crafts, baking sweet goods, donating items for tombola or creating games to play. Two Year 11 students also sang which added an extra sparkle to the event. We raised £1067.85 shared between the 4 house charities and endeavour to develop the event next year to be even more spectacular. Thank you to everyone who came to support and contribute to the event, creating a day of community spirit.

I have continued to meet with our team captains to plan and organise charity events for the year. Unfortunately, Portia House must postpone our event in January due to an injury I sustained but plans are continuing and a new date will be published very soon. Thank you to those students who have already volunteered to support the charity day. More details to follow.

I would like to end with reiterating how incredibly proud I am of all the students in Portia House in how they are continuously demonstrating our school values and in how they are striving to demonstrate the best versions of themselves. Go Portia!

Mrs Foster
Head of Portia House



Cassio House Updates



As we reach the end of the Autumn term, I am pleased to share the latest updates and highlights from our school community. This edition of our newsletter brings you a glimpse of the exciting events, achievements, and creative endeavours that have made this half-term truly memorable.



The team is showing their focus and determination to maintain their lead as the competition progresses by adding a further 30,000 House points within this half-term.

Students in the Spotlight leading the way for House points for each year group:

Mai P (10C3) with 508 points, Noah-Michele (10C3) with 461 points, and Kaden H (10C2) with 428 points.

These students are setting the pace in their respective year groups and contributing significantly to their House's success.

I am delighted to share that this year's Christmas Fayre was an overwhelming success, bringing together the community in a celebration of festive cheer and local spirit. The event exceeded expectations, with many students and visitors flocking to enjoy the magical atmosphere and a wide range of activities. This year's Christmas Fayre featured a stunning collection of handmade crafts, including crocheted decorations/accessories and Christmas Cards and Calendars, created with care and creativity by our talented students. Their works added a personal, heartfelt touch to the event, and visitors were delighted by the variety of festive items on display. The total amount raised was staggering and will be making a considerable donation to each of the House Charities respectively. Cassio's House Charity this year is 'Roux's Army'. The amount will be shared with students in the upcoming House assembly ...

Mr Griffiths

Head of Cassio House



Ariel House Updates



Ariel house have worked tirelessly throughout the school term. Students have been working hard on collecting many house points and already started lots of fundraising for our house charity, Humber Rescue.



Many of our Ariel students have gone the extra mile, joining after school clubs, partaking in extra-curricular trips and events and working hard with lots of rewards earned! The first set of house point rewards have gone out, keep up the hard work to reach your next milestone! Well done to all!

Ariel House did an absolutely amazing job at the Hessle High School Christmas Fayre! All students got involved with tutor activities/games/crafts to sell at the fayre. Some students even went the extra mile and made their own crafts and bakes at home. Fantastic effort by all!

I want to thank all students, parents and staff who managed to get involved with this event and we really appreciate your support towards our house charity.

Looking into the new term, we will be focussing on our charity day and more activities for students to be involved with.

Miss Deveney

Head of Ariel House



House Points



132702 131781 123702 118032

Extra Curricular clubs

Please see our **Extra Curricular clubs** available;

Club	Year Group	Club	Year Group
Badminton	Year 7 to 10	Choir	Year 7 to 11
Rugby	Year 7 to 11	Grease Dance Rehearsals	Year 7 to 11
Netball	Year 7 to 11		
Fitness/Gym	Year 7 to 10		
Boys Football	Year 7 to 11		
Tigers Trust Girls Football	Year 7 to 11		
Cheerleading	Year 7 to 11		
Bridgehead Project	Year 7 to 10		
Scalextric/ Electronics & Greenpower	Year 7 to 10		
Open Music Rehearsal	Year 7 to 11		

Key Dates and Notices

School Closes for Half Term

Friday 14 February 2025

Please click [here](#) to see all of our term dates

If you want to see more of your child online/in our newsletters, please make sure you consent on the Arbor parent portal. To learn more click [here](#).

During the week commencing 3 February, we will be trialling a potential new lunch format. To learn more click [here](#).

