

7 October 2022

Dear Parent/ Carer

HMS WEEKLY UPDATE

Update on life in school

I am delighted to announce that we have now recruited our Head Pupils and Deputy Head Pupils for the year ahead. After 14 wonderful interviews, we had a very difficult decision to make. It was lovely to share the good news and to see the respect and congratulations shown by the other applicants to the successful candidates.

Head Pupils: Imogen S and Abbi M and Deputy Head Pupils: John M and Lorna D



Following our House hustings, the new House Captains have also been announced. Well done to each candidate who had the courage to apply and to give a brilliant speech to the school community.

Ain	Coquet	Tweed	Wansbeck
Abby A Robin B-M	Harrison P Anya C	Matthew R Natty O	Will C Tiana M

Reminders

If you are collecting your children from school, please do park considerately and avoid parking around Maidens Croft, which is the collection of sheltered housing flats off the Allendale Road. Parking here causes access issues for the elderly residents. Please also remember that all visitors should report to the main Hydro reception to sign in – this includes before and after school.

Hexham Middle School

Whetstone Bridge Road, Hexham, Northumberland NE46 3JB

T: 01434 610300 E: admin@hexhammiddle.org.uk

www.hexhammiddleschool.co.uk

Executive Headteacher: **Graeme Atkins**

Head of School: **Liam Watters**

Mental Health Awareness

Next week, we are recognising 'World Mental Health Day' on **Monday 10 October** with the Hello Yellow campaign. Pupils can wear non-uniform but should try to wear something yellow to promote the day. Optional donations can be made via School Gateway on the day – thank you for your support.



Our school librarian has gathered and displayed some fantastic texts on the theme of mental health for pupils to borrow. We would also like to bring to your attention some good resources if you have any questions about mental health and your children.

If you would like to discuss mental health further, please feel free to contact Mr Freeman-Myers through our [admin email](#) or by calling the school: he is the Senior Mental Health Lead for Hexham Middle School. We all take mental health seriously in school and we hope that our wider-school community feel informed and engaged in understanding mental health.

Useful resources:

- NHS [website](#)
- Mind [website](#)
- Kooth (11-14 year olds) [website](#)
- Young Minds [website](#)
- Mentally Health Schools (Anna Freud) [website](#)
- Place2Be [website](#)

Emotion Coaching

This term, the team at HMS have been trained in the 'Emotion Coaching' approach. The aim is to foster nurturing and emotionally supportive relationships which allow pupils to develop their resilience and achieve their potential. In moments of heightened emotion and resulting behaviour, pupils are coached to focus on the effective responses. Empathetic engagement is key, and the emotions are acknowledged and validated to develop the sense of security. This approach allows children to calm down physiologically and psychologically and results in effective change.

As we continue to embed the approach in school, we would like to invite parents/carers to learn more about the strategies and to consider how the approach could be continued at home. We had lots of positive feedback and interest at our 'Welcome Evenings'. **There will be an 'Emotion Coaching: Parent/Carer Session' on Monday 28 November at 5.30pm** – it would be great to see lots of you there if you can make it.



Key Stage 3 Residential Visit to France 2023 – Le Grand Weekend

As part of our commitment as a school to develop enrichment activities beyond the classroom, we are once again planning to take 45 pupils to France. The trip will be a fantastic experience for your child. This will be the first time that we have been able to organise an international trip since 2019 so the trip is for both Year 7 and Year 8 pupils. Please see the letter which has been emailed out today. The deadline for expressions of interest along with return of the parental consent form and non-refundable deposit payment is **Monday 17 October**.

Spanish themed menu in the canteen

Back by popular demand - we will be having our Spanish-themed menu in the canteen on **Wednesday 12 October** to celebrate the 'Fiesta Nacional de España' - The National Day of Spain.

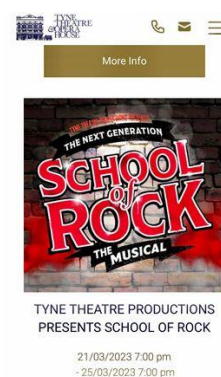
A selection of sandwiches, salads and jacket potatoes will also be available as an alternative should your child not wish to take part in the themed menu.

Good news!

We always have so much good news to share with you from within school and the HMS Community. We also know that our pupils have so much to celebrate outside of school. We love hearing of everyone's hobbies, interests and achievements – please send us lots of good news! We would love to celebrate everyone's successes in a wide range of activities as much as we possibly can.

For example, we are delighted to hear that Evie W in 6RAL has just auditioned and successfully been given a part in the musical 'The School of Rock', which is due to show at the Tyne Theatre and Opera House in March. Evie has already started rehearsing twice a week. There are two teams of children and Evie will be performing on the 22, 24 and 25 (matinee performance) March. Tickets are on sale now!

We are also delighted to say that Phoebe T in 7JET has just published her first book with author and illustrator Nick Sharratt: *Unicorn Moonicorn: A brilliant parade of crazy unicorns!* The original idea for Unicorn Moonicorn came from Phoebe, a fan of Nick Sharratt's, who was inspired by his earlier classic, Elephant Wellyphant. It is now available to buy!



House Point Totals

Below are this week's House Point totals as well as the **'Top 4' pupils in each year group this week**. P points are awarded for character value such as **resilience, respect, engagement and responsibility**. Well done to each and every one of them.



House Totals		Top 4 'P Points' in each year							
		Year 5		Year 6		Year 7		Year 8	
Aln	12,586	1	Ella R	1	Harriet A	1	Carley B	1	Brooke C
Coquet	12,110	2	James T	2	Edward C	2	Maisie H	2	Betsy B
Tweed	11,809	3	Georgie W	3	Stephen W	3	Leila S	3	Lorna D
Wansbeck	12,085	4	Grace M	4	Lewis S	4	Robbie L	4	Joshua J

Cross Country Cup

On Tuesday, HMS pupils competed in the ESAA school cross country cup at Temple Park in South Shields. In Year 8, Arthur D was the best placed HMS runner in an excellent 13th place. The Year 8 boys' team were closely packed and came 9th team overall. The girls ran strongly and came 15th team overall. In the Y7 race, HMS had two great performances: Amelia S ran to a brilliant second place and was only just outrun in the final straight, and Wilfred P followed up with a 3rd place in the boys' race. Wilfred ran strongly and was very close to second place. It was great to see HMS pupils competing against strong private school teams. Mr Gaines is looking forward to strong performances at the next cross country event at Ovingham Middle School in December.

This week is Dyslexia Awareness Week

The theme for this year is 'Breaking Through Barriers'. Dyslexia influences at least 1 in 10 people and is a genetic difference in an individual's ability to learn and process information. We are proud that our library has an increasing range of dyslexia-friendly texts which have proven very popular with our pupils. You can find out more information and support at www.bdadyslexia.org.uk. You can also find more information on our [website](#). If you'd like to discuss anything with school staff, please contact Mr Stephenson or Mrs Adams.

Attendance – top form classes!

1	2	3
7JKW	5MDO / 5ABA	5FHA / 8IHO / 7JET / 6RAL / 6EKI

Respect, Engage, Aspire: Pupil Awards

To capture our school's ethos more prominently, we are now focusing on three key words: **Respect**, **Engage**, **Aspire**. Each week, staff will make nominations in recognition of pupils showing these characteristics in and around school.

	Year 5	Year 6
Respect	Esme C	Ailsa S
Engage	Maja M	Carrie G
Aspire	Eben S	Euan A

News from the community

Hexham Holiday Club – tomorrow!

Hexham Holiday Club's Free Family Picnic will now be held inside in the warm at Trinity Methodist Church, Hexham, this **Saturday, 8 October, from 4.30-6.30pm**.



There will be games, crafts, face paints and videos along with lots of fun catching up with friends from the summer. Please do book spaces as they need to know how many they are feeding! Let them know as soon as possible at: holidayclubhexham@gmail.com

HMS Lottery

Don't forget about our HMS Lottery. This is run by our PTA to raise funds for enrichment activities and equipment such as Forest School, author visits, playground equipment and new library books. Tickets are just £1 each and enrolment is easy. Follow the link <https://forms.gle/a2gkWhkQJ9YwK6zw9> or email hmsprizedraw@gmail.com for more information.



Reminders/ Key Dates

Monday 10 October	Hello Yellow Day – children can wear yellow! World Mental Health Day 2022	All
Wednesday 12 October	School Council meetings	School Council
Wednesday 12 October	Spanish-themed lunch	All
Thursday 13 October	HMS Open Evening , 6pm, all welcome For parents/carers and children interested in a place at HMS	All
Friday 14 October	Open Day tours for parents/carers and children interested in a place at HMS – please book if you would like to attend	All
Monday 17 October	Skills Builder Day – A Day in Politics	
Tuesday 18 October	HMS New Starters Breakfast	All Y5 and new starters in Y6,7,8
Monday 28 November	Emotion Coaching Parent/Carer Session, 5.30pm	All

Have a fantastic weekend everyone!

Mr Watters
Head of School