



# WEEKLY BULLETIN

Spring Term 3  
Friday 12th April 2024

## Our CARES Values



Courage



Aspiration



Respect



Equality



Self Control

## Learning First

### Message from the Headteacher

Welcome back! I am pleased to see students back in school after the Easter break. Last term was very busy and so it is good to see the renewed energy of staff and students as we begin the new term.

This day marks the anniversary of Yuri Gagarin's first human space flight in 1961. The day serves as a reminder of the journey of human space exploration.

As we return to school after the Easter break, our year 11 students begin the final stage of their journey at Harrogate High School and we will meet our new year 6 students who will be joining us next academic year as they begin the next phase of their educational journey.

The coming weeks leading up to the GCSE exams will pass quickly and we encourage parents of year 11 students to help support them through these final busy weeks. This [link](#) provides some ideas to help with exam stress.

At the end of last term we welcomed representatives from Oxbridge into school to talk to students. It is important that students at Harrogate High School realise that opportunities to attend the best universities in the world are possibilities for them.

We will always encourage our students to strive to achieve their best and forge ahead to create their own exciting journeys.

Wishing you all a happy weekend.

Mr Gill  
Head of Academy



### Dates for your Diary

#### April

16th April	KS1 Cricket Event (NY Sport)
22nd-26th	Yr 10 Work Experience
22nd to 26th	GCSE Art Exam
29th -3rd May	Spanish Speaking Exams

#### May

7th May	GCSE period begins Brilliant Club Graduation Newcastle University visit
14th May	Yr 8 Harrogate College Talk

#### June

5th June	Yr 8 HPV Vaccinations
10th June	Yr 6 Parents Info Evening
17th June	Yr 10 Mock Exams

#### July

3rd July	CARES Community Day 2
4th July	Yr 11 Prom
5th July	Sports Day
8th,9th, 10th	Yr 6 Transition Day
12th July	Reserve Sports Day
17th July	Rewards Fair
19th July	Students finish for summer

### UK Mathematics Challenge

The Maths Department are very proud of the students who were entered for the Intermediate Maths Challenge in January. Three students qualified for the next round, which is an incredible achievement.

Year 9 student Kurtis R qualified for the Pink Kangaroo Challenge.

Year 10 Student Nina L qualified for the Grey Kangaroo Challenge.

Year 11 student Hyun H qualified for the Grey Kangaroo Challenge and received a Merit.

HHS are very proud and look forward to students completing the Junior Maths Challenge on the 25th April.



This is to certify that

**Harrogate High School**

participated in

**Pink Kangaroo 2024**



## Safeguarding at HHS

Safeguarding children and young people are of primary importance at HHS. Our students know that we have a dedicated safeguarding team consisting of our Designated Safeguarding Lead (Mrs Greenwood, Deputy Headteacher) and five deputies, with the identities of these key staff signposted around school. There is a wealth of information for students and parents/carers on our website (e.g.: [Harrogate High School | Northern Star Academies Trust - Safeguarding](#)). If you have a safeguarding concern, please contact Mrs Greenwood or a Deputy DSL via Reception or email us on [safeguarding@hhs.nsat.org.uk](mailto:safeguarding@hhs.nsat.org.uk).

This week's focus: 'Chroming'

You might have heard about a recent, tragic incident involving an 11-year-old boy in Lancashire who lost his life after reportedly taking part in a dangerous trend called 'chroming' during a sleepover. Chroming involves inhaling various chemicals like aerosols, nitrous oxide, solvents, and nitrites, also known variously as nangs, nossies, whippets, and bullets. This activity is associated with a euphoric high, but carries potentially fatal risks, including heart and lung damage, as well as harm to brain and behavioural development. While inhalant abuse is not a new phenomenon, what is particularly concerning is how this trend is spreading globally through social media. A 13-year-old girl in Australia died in 2023, suffering a heart attack after inhaling chemicals from a deodorant can during a sleepover. Similarly, a 14-year-old from Ireland who died after inhaling aerosol is suspected to have been influenced by seeing the challenge on TikTok. The UK government updated the law on November 8th, 2023, to classify nitrous oxide as a Class C drug, subjecting those who misuse or possess with the intent to misuse it to criminal penalties. However, many solvents abused in chroming, like glue, permanent markers, and deodorant cans, are widely accessible everyday items, so inherently harder to police.

More information, including advice for parents, can be found [here](#).

## Attendance

Please give your child the best chance of educational success by ensuring they are in school (and on time) regularly. We understand that there are times when students are genuinely too ill to function in school, but these are, for most students, few and far between.

Did you know that missing two weeks of school for a family holiday taken in term-time will mean that your child misses **50 hours** of learning new things that they will not cover in as much depth again? They will also most likely face questions on these new things in exams at some point in the future. If your child misses a day here and there, each time this happens, they will miss **5 hours** of learning new things. They will then struggle to understand things when they return because teachers sequence learning and build layers of learning to ensure that tasks are framed around prior knowledge. Teachers, with the best will in the world, do not have the time to constantly re-teach things when children are absent, and it would be impossible to teach all the content of our curriculum effectively if they took this approach. It also disadvantages those who have been present regularly and need to move on. Teachers always do their best to support students who have been absent but cannot realistically re-teach repeatedly for individual students who are missing school regularly.

If your child is in Year 10 or 11, please remember that there is a direct correlation between exam results and attendance/punctuality. **Exam results impact on life chances and future income** – research shows this. Good attendance and punctuality are also habits that are valued in the workplace. Poor attendance and punctuality will result in consequences at work at best, unemployment at worst. Our older students are nearer employment than ever, and some have part-time jobs already. Year 11 parents – we cannot stress enough the importance of good attendance over the last few weeks leading up to your child's exams and coursework deadlines. Please consider very carefully if your child should be absent and if your child is well enough to come to school. A mild cold or headache should not prevent them from attending, even if they are suggesting they should have time off. Our data shows that students who are attend well do well in their exams!



**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



## DEAR LESSONS

This week the DEAR texts have been:

Year 7 – Until We Win lesson 3

Year 8 – The Austen Girls lesson 3

Year 9 – My Family and Other Animals lesson 3

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## Aspens Menu for Theme Day



**Thursday 25th April**

Chickpea & Vegetable  
Arrabiata Stew with Crispy  
Parsnip & Skin on Mash

No Waste Mince & Onion Pie  
& Mash







**TRINITY**  
Methodist  
Church  
HARROGATE

**Join Us Saturday 27th April**

**11am to 3pm**

# **Family Wellbeing Day**

**At**

**Trinity Methodist Church, Harrogate**

A fun day exploring how we can better look after our minds and feelings, which can help us to be more resilient to exam stress, big changes, bullying, conflict, loss, and more.

Something for all the family with an exciting range of speakers and interactive sessions aimed at school age children (primary and secondary).



Advanced booking is now open and can be found by scanning the QR code below or at

<https://bit.ly/WellbeingDayHarrogate>



**Lunch provided by Resurrected Bites**

**Free of Charge**

**Facilitated by the Methodist Children and Youth Team**

# Newsletter

## Managing anxiety

*The Wellbeing in Mind Team*



Tees, Esk and Wear Valleys  
NHS Foundation Trust

Summer Term 1

### What is anxiety?

Anxiety is a normal emotion that everyone will feel at some point in their lives. This typically involves a scared, nervous, or panicky feeling with physical sensations such as shaking, sweating, stomach aches and a racing heart rate. Anxiety is our body's natural response to stressful events such as exams, but we usually will soon feel calmer after the event has passed.

Anxiety starts to become a problem when a young person feels stuck in it and it has lasted for a prolonged time. This can then impact a young person's ability to function and can limit the things that they usually feel able to do.



### Signs that your child may be struggling with anxiety:

Every young person is different, but typical signs that your child is struggling with anxiety may include:

- **Physical signs:** feeling sick, trembling, or shaking, struggling to sleep, loss of appetite, headaches, or stomach aches, sweating, feeling tired, or difficulty concentrating.
- **Thoughts:** worrying about what is going to happen in the future; worrying what people think of them; worrying about not being able to cope in everyday situations like lessons or assemblies etc.
- **Feelings:** irritable, nervous, restless, on edge, scared, worried, panicked, overwhelmed or out of control.
- **Behaviours and coping mechanisms:** isolating themselves or withdrawing from their hobbies or social situations; repeatedly seeking reassurance etc.

If you recognise any of these signs in your child or are concerned that anxiety is taking over their life, encouraging them to regularly practice relaxation techniques can help to ease their anxiety (see techniques below).

### Types of anxiety:

- **General anxiety** – this involves persistent or excessive worry that interferes with everyday life. Worries can be hypothetical or practical.
- **Separation anxiety** – excessive fear or anxiety around separating from people who a person is attached to.
- **Social anxiety** – significant anxiety or discomfort about being embarrassed, humiliated, rejected or looked down on in social interactions.



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**Northern Star**  
Academies Trust