



# WEEKLY BULLETIN

Spring Term 3  
Friday 26th April 2024

## Learning First

### Our CARES Values



Courage



Aspiration



Respect



Equality



Self Control

### Message from the Headteacher

GCSE art exams took place this week. Well done to students for working hard on this and thanks to Mrs Stewart and Mrs Ainsley for supporting them.

Good luck to those students who are taking Spanish speaking exams next week.

I am pleased to include photographs in the bulletin of the creative border called "Energy in Nature" that over 50 of our students have worked on and is on display at the Harrogate Flower Show this weekend (stand CB10 if you visit).

Students have collaborated to showcase our school to the 40,000 visitors that attend the Show. Students have been busy selecting specific plants, growing seeds, creating mosaics, making wind chimes, colouring, labelling, and collecting plastic bottles to recycle and create flowers. Thanks also to the staff who supported this project.

We were pleased to receive 3 stars from the judges and also receive a mention from Vernon Kay on BBC radio 2 about it! Once the Flower Show is over, the Environmental Club will begin to reinstate the design in the school garden for us all to enjoy. We hope the warmer weather arrives soon!

Wishing you all a happy weekend

Mr Gill  
Head of Academy



### Dates for your Diary

#### April

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

## Overcoming Adversity: Harry's Story

This week in assembly and tutor time, students have learnt about one particular example of courage and overcoming adversity through hearing about Harry Brown, one of our former students. Last July, whilst in Year 12 studying for his A levels, Harry was diagnosed with Acute Lymphoblastic Leukaemia, and started on intensive chemotherapy, which lasted until October. He also received 60+ donated units of platelets and blood as part of his treatment. Harry has had treatment at both St James' Hospital in Leeds and Great Ormond Street Hospital in London. He may well need a stem cell transplant in the future, for which he has a potential matched donor. Harry is keen to highlight the importance of donation and specialist support from cancer charities, so students have been learning about donation and how to get involved when they are old enough. To the right is a picture of Harry and his parents when he finished his latest round of treatment. All the HHS community send good wishes and positivity to Harry, George (Year 8) and their parents – you are all amazing and showing such courage – an example to us all. Here are some links to important donation websites where you can find more information on how to donate blood and stem cells, and on organ donation:



Donate Blood: <https://www.blood.co.uk/>

Donate stem cells: <https://www.bbmr.co.uk/>

Find out about organ donation: <https://www.organdonation.nhs.uk/>

Anthony Nolan Trust: <https://www.anthonynolan.org/help-save-a-life/volunteer-find-your-lifesaving-role/hero-project>

The family are also supporting the Teenage Cancer Trust.

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## SEND at HHS

I'm Miss Mistry, I joined Harrogate High a year ago now and I'm very excited to now be taking over as SEND lead. I'm very passionate about supporting all students to ensure they get the most appropriate provision and support they need in school and I am excited to begin work in this area of the school. If you need to contact the team or have any questions, please use the SEND email: [SEND@harrogatehighschool.co.uk](mailto:SEND@harrogatehighschool.co.uk). Emails will be responded to by a member of SEND team.



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## 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: Vaping

You may have seen lots in the news recently about the government's new plans to ban disposable vapes in the UK to tackle the rise in youth vaping and protect children's health. Recent figures show the number of children using vapes in the past 3 years has tripled. Use among younger children is also rising, with 9% of 11- to 15-year-olds now using vapes. The long-term health impacts of vaping are unknown, and the nicotine contained within them can be highly addictive, with withdrawal sometimes causing anxiety, trouble concentrating and headaches. The government have publicly stated that, while vaping can play a role in helping adult smokers to quit, children should never vape.

Unfortunately, however, the sweet fruity flavours, colourful casing and clever marketing all mean that many children take up vaping without having ever smoked cigarettes. We are aware that some of our students have been able to purchase vapes illegally (it is illegal for anyone to sell vapes to anyone under the age of 18) both in shops and online. We work with our local safeguarding partners (including police) to try to identify those selling vapes illegally to children and we educate our students on the impact of vaping and why we worry about those who take it up. As I have shared with parents/carers previously, more information and advice can be found at <https://parents.actionforchildren.org.uk/behaviour/challenging-behaviour/im-worried-about-my-child-vaping/>.



## The impact factors

NHS

Please remember that vapes are not permitted in school (they are banned items) and students who are found with them will have them confiscated and receive an appropriate sanction, in line with our behaviour policy. Older students influence younger students more than they realise, so they have a particular responsibility to model positive behaviour, including not vaping on their way to/from school.

Nicotine can increase levels of stress and anxiety

Financial impact (it's expensive)

Environmental impact (vapes end up in landfill)

Sharing a vape with someone else carries the risk of picking up diseases

Chemicals are released into the lungs which could be harmful

The long-term impact of vaping on health is not yet known

Nicotine is an addictive substance that can be hard to stop using once you've started

### Keywords:

- **Nicotine:** a chemical found in tobacco and most vaping products
- **Financial impact:** the effect on how much money someone has
- **Environmental impact:** the impact on the planet



### INFORMATION EVENINGS

6:30 pm Oatlands Community Centre  
Harrogate

Join us for these comprehensive presentations on understanding of neurodiversity for parents and carers.

Providing both education and suggestions of practical strategies for supporting you and/or your neurodivergent child

### UPCOMING EVENTS

**Understanding Anxiety**  
29th April 2024

**RSD**  
**(Rejection Sensitive Dysphoria)**  
27th May 2024

**Neurodivergent Masking**  
**in Schools**  
24th June 2024

These events are run by Perspective Support CIC

You can book your  
tickets by scanning the  
QR code  
HERE



Or by following the link -  
<https://www.eventbrite.co.uk/o/perspective-coaching-80523203213>



# STRIVE NETBALL!

Independent netball coaching programme  
for all abilities in a fun and enthusiastic  
environment.

## What's on?

**Monday:** Adult sessions, 7:30-8:30pm at St John Fisher.

**Wednesday:** Years 3&4, 5:45-6:45pm at St John Fisher.

**Wednesday:** Years 5&6, 6:45-7:45pm at St John Fisher

**Wednesday:** Years 7,8 &9, 7:45-8:45pm at St John Fisher.

**Thursday:** Years 1&2, 5:45-6:30pm indoor gymnasium at St John Fisher

Contact us at [strivenetball@gmail.com](mailto:strivenetball@gmail.com) or head to [www.strivenetball.com](http://www.strivenetball.com) for more info!



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