



WEEKLY BULLETIN

Autumn Term 1
Friday 4th October 2024

Our CARES Values



Learning First

Message from the Headteacher

October has arrived and the leaves on the trees are starting to turn as we transition to Autumn.

Wellbeing and mental health is really important to us at HHS and we note that Mental Health Day is approaching on October 10th. This is a moment for everyone to prioritise our mental well-being. The Action for Happiness "Optimistic October" initiative encourages us to focus on what truly matters and reminds us to check in with one another. This calendar may be a useful tool for parents and students to use and we hope you find it of help.

Optimistic October 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better
7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing
14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time
21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time
 28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month			

ACTION FOR HAPPINESS

Happier · Kinder · Together

In assemblies this week, we launched the new student leadership application process. We invite students who are passionate about making a positive impact in our school community to consider applying for leadership roles. These positions offer a chance to lead initiatives, represent student voices, and serve as role models. By becoming a student leader, they can take ownership of the learning environment and develop essential skills that will benefit them beyond school.



Students interested in applying can do so via the QR code link provided here.

We are pleased to introduce the CARES Student Leadership Team, where each role focuses on important values:

- **C** - Courage Leader: Supports school promotion efforts, such as the student bulletin and school events.
- **A** - Aspiration Leader: Ensures students have a voice and that their opinions are valued.
- **R** - Respect Leader: Champions sustainability initiatives and pledges.
- **E** - Equality Leader: Facilitates charity work and organises events.
- **S** - Self-Control Leader: Promotes strategies and resources to support mental health and well-being.



Additionally, we are looking for a **Head Student from Year 11** who will play a pivotal role in leading the team.

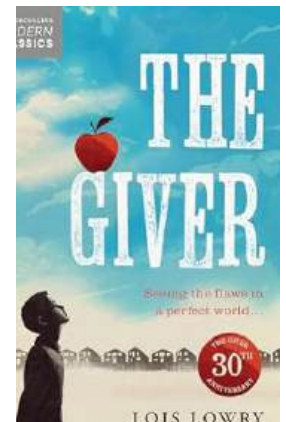
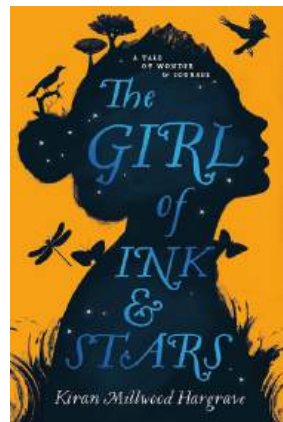
We encourage students to apply, and look forward to seeing the applications and witnessing the positive impact you can make in our school community.

This October, let's embrace the spirit of leadership and support each other's mental health as we navigate the changes of the season.

Mr Gill
Head of Academy



This week texts for DEAR are as follows:
Year 7 – The Girl of Ink and Stars
Year 8 – The Colour of the Sun
Year 9 – The Giver



Have your input & support Harrogate High School...



Come along to next weeks Parents' Forum Meeting

10th October at 6pm



Parent ADHD Session

**A Wellbeing in Mind Team & CAMHS
webinar to provide information,
resources, practical ideas, and
strategies to support
children & young people with ADHD**

**Date and Time
Tuesday 22nd October at 5.30 – 6.30 pm**

**To Join the Meeting
Click on the LINK below
Microsoft Teams**

[Join the meeting now](#)

Meeting ID: 357 929 456 384

Passcode: TsDvW4

https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2YzNGQ1N2MtNDY5Mi00MDJILWE5NDItY2M4NWQ3ZTgyMWY0%40thread.v2/0?content=%7b%22tid%22%3a%2237c354b2-85b0-47f5-b222-

Wellbeing in Mind Team – Team of NHS staff working with schools to provide advice, support, and training on wellbeing issues, as well as forming a link between school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate mental health, such as anxiety and low mood, support to utilise online resources and develop skills, as well as classroom-based educational sessions in conjunction with the school's pastoral team to improve knowledge and understanding about wellbeing.

Football

Year 8 girls took part in a football tournament against other local schools and did incredibly well representing the school! Well done!



Freya S, Layla-Rose M, Summer C, Tia P, Tia V, Mo W, Faye W, Millicent Y, Sofija K, Madison D, Kayla-Louise F, Kya-Mae G, Ivy G, Kaiulani B.



Dates for your Diary

October

- 10th Oct Parents' Forum 6-7pm, LRC.
- 10th Oct Parents' Literacy Event 5-6 Main Hall
- 14th Oct Yr 7 Settling In Parent Event - online
- 24th Oct Netball fixture Vs King James' School 4pm
Two matches (U13/U14).
- 28th Oct Half Term

November

- 4th Nov Back to school
- Start of Yr 11 Mock Exams

December

- 2nd Dec Yr 9 Option Evening, Main Hall
- 11th Dec Yr 11 Parent Evening - online
- 20th Dec Break up for Christmas



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Northern Star
Academies Trust