



effort achieves

Dates for your Diary:

Tue 10th & Wed 11th Feb:
Year 11 Progression Interviews

Mon 16th Feb – Fri 20th Feb:
Half-Term

Fri 27th Feb:
St Catherine's Youth Enterprise
Challenge Non-uniform day

Wed 4th Mar:
Year 8 Parents'/Carers' Evening

Mon 9th Mar:
Year 9 Vaccinations

Wed 11th Mar:
Year 8 KS4 Option Forms due

Wed 11th Mar:
St Catherine's Youth Enterprise
Challenge Culture Day

Thu 12th Mar
Music Spring Showcase

Fri 13th Mar:
St Catherine's Youth Enterprise
Challenge Fun Run

Mon 16th - Fri 27th Mar:
Year 9 Exams

Wed 18th Mar:
INSET Day

Fri 27th March
End of Term (1.25pm)



Hazelwick School Newsletter

January 2026

Welcome to the January newsletter.

It has been a very busy start to the new year at Hazelwick. I have had assemblies with Years 7-11 and Year 13 so far, with Year 12 next week, and the theme has been the positive impact of being defined by your successes, not your failures. It is inevitable that there will be stumbling blocks and mishaps along the way, but the important thing is to learn from them, ensure that you do not allow the same mistake to happen twice, and to focus on being defined by your successes.

There have been lots of successes this term already. The rehearsals for this summer's school show, High School Musical, are coming along well. There has been sporting success with Fizzah Altaf in Year 11 winning the Sussex Schools U16 Table Tennis Championships and now progressing to the nationals. It has also been great to see the development and attitude of the U16 boys and girls basketball. There have been strong successes in matches as well as great attitude and application shown by our students.

Along with other members of the Teaching and Learning team, I have also had the pleasure of visiting a large number of lessons this term. The application shown by students, and the creativity, expertise and professionalism shown by staff, has been a pleasure to see first hand.

St. Catherine's Youth Enterprise Challenge

Mr Croft, Mr Chalmers, Ms Rao and I had the pleasure before Christmas of listening to 12 different teams from across Years 10 and 12 pitching to be selected as the school team for the Youth Enterprise Challenge. There were some superb presentations and business plans and it took much deliberation to decide a winner. I am delighted to announce that Operation Orange were victorious. The team members (Aroush Ayub, Shrey Mathur, Kunaal Patel, Luke Thorne, Holly Winton, Olivia Winton) recently attended the launch event and the first of their exciting events, raising funds for St Catherine's Hospice, will be launched soon. They have set up a JustGiving account to enable online donations:

<https://www.justgiving.com/page/operationorange>



We really hope that, as with every year, the school community can get behind them and raise money for this very worthy local cause.

Leadbitter.

With best wishes,

Mr D Leadbitter, Headteacher

News, Events & Activities from the Design Technology Department...

Year 11 Design & Technology A Level Taster Session

Year 11 students recently took part in an A Level taster session in Design and Technology, where they were challenged to design a new piece of playground equipment for lower school students. Armed with a range of creative resources, from geometric shapes and lolly pop sticks to wire and plasticine – students worked enthusiastically to produce scale models of their ideas.

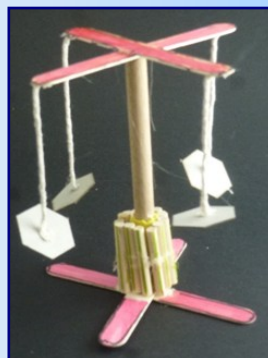
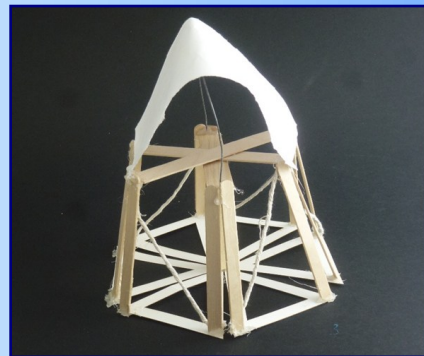
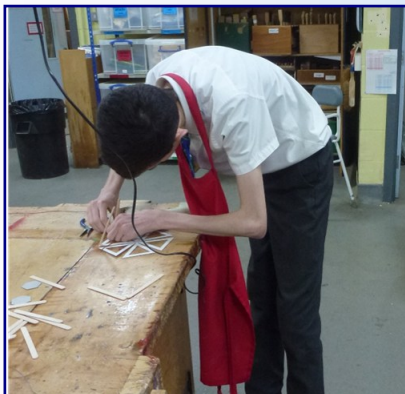
Despite the time pressure, the session resulted in a superb variety of imaginative and thoughtful designs. Everyone got involved, and there were some particularly interesting and inventive outcomes.

Two worthy winners were selected, one from each session, by Miss Awbery and Mr Khan:

Session 1: Lena Murdzia

Session 2: Merve Cete

Well done to all students who took part.



News, Events & Activities from the Design Technology Department Continued...

Year 12 Product Design Visit: One Garden and Earthship

Year 12 Product Design students recently visited One Garden and the Earthship as part of their research for their current design project, which challenges them to design a sustainable and inclusive greenhouse for the school site.

At One Garden, students received an informative talk from Pete Wood, Senior Gardener, who explained the site's innovative vertical growing towers. These systems grow a wide variety of crops without using soil, maximising space and efficiency. The produce grown is used in the on-site restaurant and shop. Students learned about the growing systems in detail, including how the plants are cared for from seedling stage through to fully grown crops.

The group then visited the Earthship, run by the Low Carbon Trust, it is an example of sustainable housing developed by Michael Reynolds. Students learned how the building collects rainwater from the roof and purifies it so it can be used three times before leaving the house: firstly, for drinking, cooking and washing; secondly as grey water for irrigating indoor plants; and finally for flushing the toilet. Despite having no heating on during the visit, the house was surprisingly warm, as it naturally uses geothermal energy from the ground. Built over 20 years ago, much of the technology and design thinking remains highly relevant today.

Overall, it was an inspiring and informative day, providing students with valuable insights and ideas to consider as they develop their own sustainable greenhouse designs.





News, Events & Activities from the Food Technology Department...

Year 10 have enjoyed learning to make croissants. Here are some examples of their work.



Lemar Hassett



Lathir Savage



Yan Olsen



Yan Olsen, Teddy Grinham, Antoan Gramatov,
and Lathir Savage





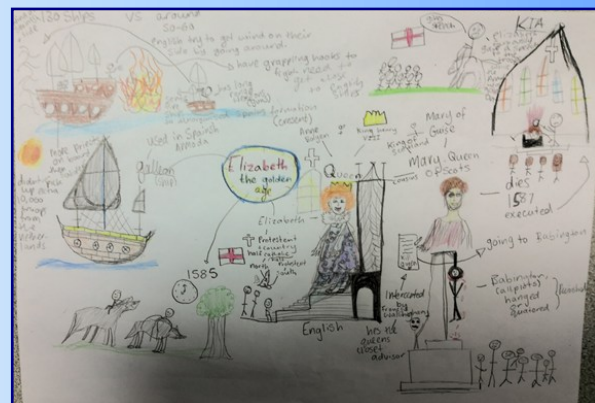
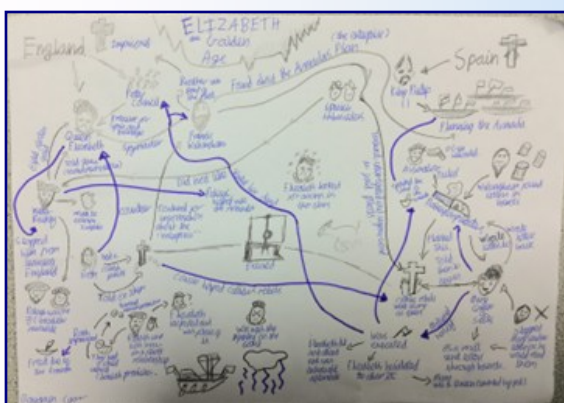
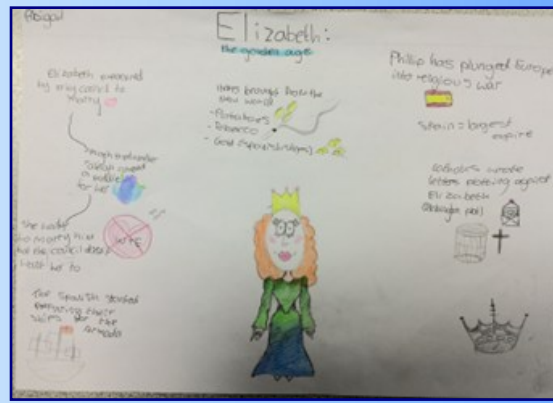
News, Events & Activities from the History Department...

History students this month have been working hard on a variety of topics. Year 7 are continuing to find out about Medieval England while Year 8 have been studying the First World War. The examples on the next page are of matchboxes summarising an aspect of this war (or a similar large event) students have been impressively imaginative in their designs!

Year 9 have been continuing their American West studies and Year 10 have been continuing their Crime and Punishment course. Both year groups also have internal exams coming up and some Year 10 students have created some fantastic examples of revision graffiti which are shown here ready for their paper 2 (American West and Elizabeth I) practice exam.

Well done to Years 11 and 13 who have successfully completed their mock exams and are starting to embark on their revision for their final exams in the summer.

Mrs Barton

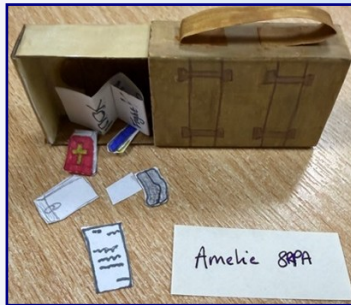




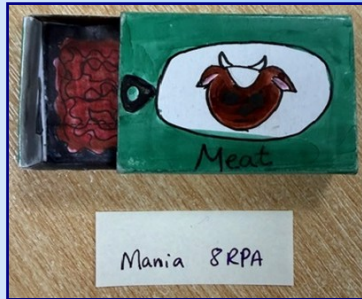
News, Events & Activities from the History Department Continued..



Jack 8RPA



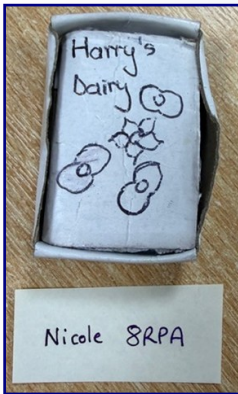
Amelie 8RPA



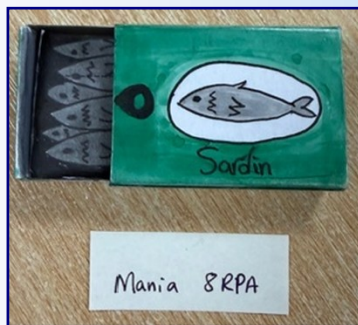
Mania 8RPA



Niamh 8GBE



Nicole 8RPA



Mania 8RPA



Marcel 8GBE



Holly Phillips 8GBE



Oscar 8GBE



Anaiya 8GBE



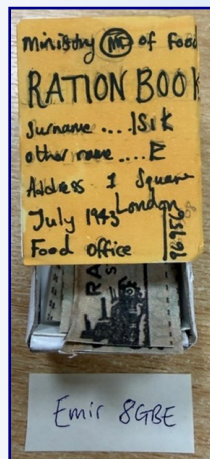
Ellis 8GBE



Eva 8RPA



Selena 8GBE



Emir 8GBE



Rocco 8GBE



Kasey 8GBE



Kieron 8GBE

News, Events & Activities from the Sensory Support Centre...

Christmas Cheer in the SSC!

Students and staff in the Sensory Support Centre for hearing impaired students started the holiday festivities early by holding a Christmas party on the last day of term. It was a perfect opportunity for the hearing-impaired students to get together, socialise and celebrate their 'diversability'. Multisensory, deafaware games were played, delicious food was supplied by our wonderful canteen staff, and merriment was had!

It was a wonderful way to bring together such a friendly, positive and supportive group of people.



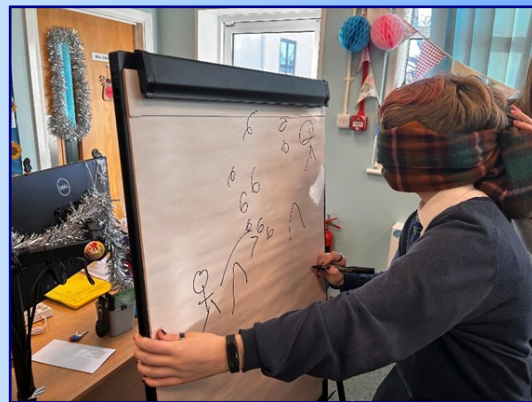
Pass the parcel:
L-R Onyx Burden, Saifi-Ullah Khan, Saif Ullah, Momina Mahmood



SSC Selfie! L-R: Momina Mahmood, Iqra Maroof, Safi-Ullah Khan, Saif Ullah, Miss Talmage, Onyx Burden, Miss Dyson, Mrs Apps, Eugene Liew, Jacob Piotrowicz.



Pin the nose on Rudolph: Iqra Maroof is watched by Safi, Saif, Momina and Mrs Apps.



Pictionary! Onyx is such an amazing artist we had to blindfold him to give the rest of us a chance to get points!

House News...

We've had lots of fun events running throughout December and lots more are organised for this half term. Here's a report of what the House team has been doing recently:

Blindfold Football:

An exciting penalty event was run by Mr Suckling and Ms Pearson in December. Year 10 students had to take on the challenge of scoring a penalty without their sense of sight. Congratulations to our successful penalty takers!

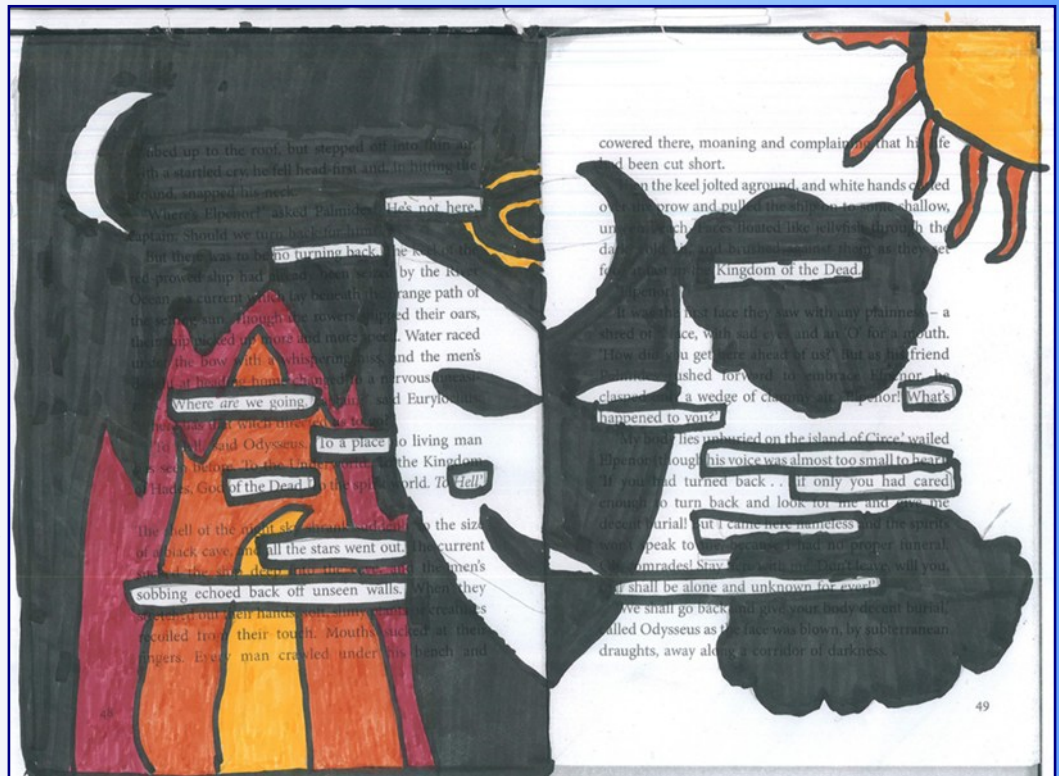
Lovelace: 400 points	Parr: 200 points
Moody: 100 points	Sancho: 1800 points
Faraday: 100 points	Inayat Khan - 400 points

Black Out Poetry:

Mx Nolan organised an amazing Black Out Poetry Competition for Years 7, 8 and 9.

Students had the opportunity to create poems by using words that already exist in a text but selecting the words they wanted to include.

Our winning entry by Mariam Mafaas 8ACT is both beautiful and creative!



Events this half term:

- W16 (5th - 9th January) Design a Planet Competition for Years 8 and 9
- W17 (12th - 16th January) Photo Competition for Years 10 and 11
- W19 (26th - 30th January) Chess Competition for Years 8, 9 and 10
- W20 (2nd - 6th February) Balancing Competition for Year 7
- W21 (9th - 13th February) University Challenge for Years 12 and 13



House News Continued...

January Points Results:

House Points Table January 2026

The winning house is ...



Sancho
28,887 points!



2nd place – Lovelace
28,570 points



3rd place – Parr
27,912 points



4th place – Moody
26,107 points



5th place – Inayat-Khan
26,071 points



6th place - Faraday
25,924 points

Congratulations to Mr Suckling and Sancho House for being in pole position currently. The House BBQ is still all to play for though as only 2,963 points separate 1st and 6th place!

Good luck to anyone taking part in events this month!

Mrs Podsiadly
Senior Head of House

AQA Extended Project Qualification...

We had an AQA EPQ Moderator, Mrs Dominique Collins, come in to visit and speak to the Year 13 EPQ students in December. Students found the Q&A session really helpful, and it gave some really great last minute advice on how to start writing their first draft.

Mrs Jedamzik



Careers Café...

In this section of the newsletter, we bring students, parents and carers information on careers and the world of work.

Year 11 College & Apprenticeship Taster Day

Our Year 11 College and Apprenticeship Taster Day took place on Thursday 15th January, offering students a valuable insight into the range of post-16 pathways available to them. The day included guest-speaker workshops, in-school activities to support future planning, and a half-day visit to Plumpton College, where students explored the campus, its specialist facilities, and a variety of courses in action.

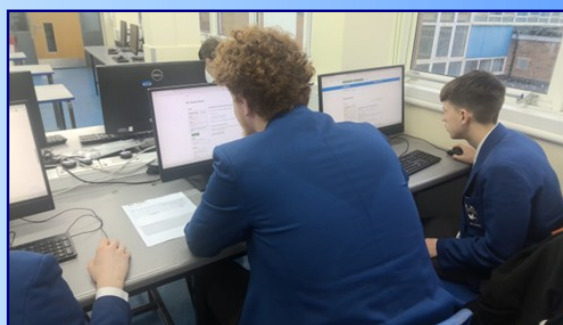
We received excellent feedback from our visitors. Eppie Silverman Leggatt, who delivered workshops throughout the day, praised the exemplary behaviour and enthusiasm of our students, noting “stand-out examples of incredible teamwork, engagement and communication.” She also reported that students overwhelmingly found the day useful, engaging, and highly beneficial as they consider their next steps.

Carl Jackson, who led sessions on apprenticeships and effective applications, commented on the positive atmosphere within the school, despite the wet and grey weather outside. He highlighted the “penny-drop moments” as students recognised their transferable skills and began connecting their everyday experiences with the qualities employers value.

We are delighted that the day was so impactful, and we are extremely proud of how well Year 11 represented the school.

More information about Plumpton College can be found here:

<https://www.plumpton.ac.uk/16-courses/>



Careers Café Continued...

Steve Willis Gas, Heating and Renewables Workshop

Year 10 students recently took part in two fantastic hands-on workshops led by Steve Willis Training Centres, giving them an exciting introduction to careers in gas, heating, plumbing and renewable technologies.

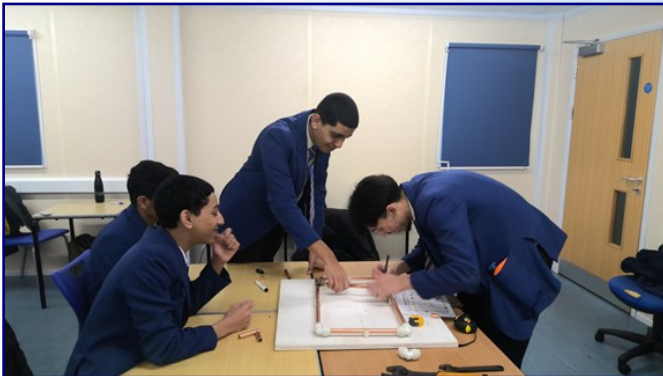
Throughout the sessions, students worked collaboratively to complete practical challenges, demonstrating excellent teamwork, communication, and problem-solving skills. They also took part in a short careers presentation, providing up-to-date labour market information about roles in the industry, apprenticeship pathways, and opportunities to ask questions.

Student feedback was overwhelmingly positive. Annie and Poppy said:

“It was a brilliant session. My hands hurt from cutting the pipes, but we learnt loads! It was great hands-on work.”

Students who want to explore training options in gas, electrical, plumbing, oil or renewables can visit the Steve Willis Training Centres website. The site provides details on short courses, apprenticeships, and entry pathways, as well as their training centres in Burgess Hill and Portchester.

Visit: <https://stevewillis.com/>

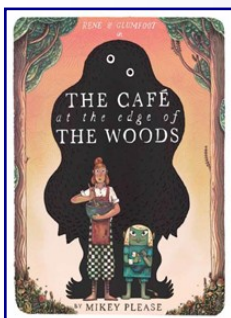




Read On!

For my first article of the new year, I thought I would highlight the novels that featured in several of the book reviewers 'best of 2025' articles as the same titles are often selected by different reviewers. These titles can make an interesting reading list, if you are looking for new authors, series, or genres. As 2026 is the National Year of Reading, I have shared the details about the Public Library Service's Reading Challenge for both children and adults. The Penguin Books website also has some ideas to widen your reading, and I have included the link. The Hazelwick School Book Club members have agreed the discussion themes for this year, and the themes with the dates of our meetings are listed at the end of my article. Thank you to Mr Elliott for being our guest book reviewer of an American classic this month.

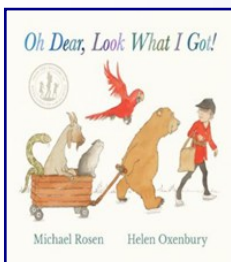
Children's Fiction – Picture Books



The Café at the Edge of the Woods by Mikey Please

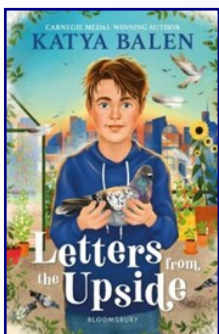
The winner of the Waterstone's Children's Book Prize for Illustrated Books 2025 has also made several other book award shortlists. At first glance, this picture book tells the story of café owner Rene who opens a café by a magical wood. Rene's customers have the most unusual menu requests. Can Rene and waiter Glumfoot keep their customers happy? The story's message about the importance of creativity is skilfully imparted.

AR Level: 3.0



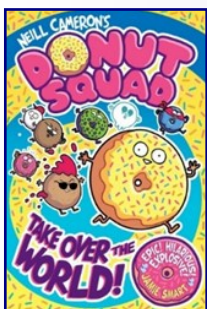
Oh Dear, Look What I Got! By Michael Rosen & Helen Oxenbury

The author and illustrator team that gave us the classic 'We're Going on a Bear Hunt' have teamed up to work their storytelling magic once again. This is a very simple picture book with a read-aloud story written in rhyming text about visits to the shop. The fun comes from guessing the rhymes and readers young and old will enjoy the ending.



Letters from the Upside by Katya Balen

Published in September 2025, this is a moving story aimed at readers in Year 6 and Year 7. The author's use of the internal perspectives of the main character is a clever device as it makes you root for them. Through Con, the central character, the author explores difficult issues of abandonment, grief, and guilt. Con's anger when his father leaves is realistically written. There is a hint that Con's father has been abusive, but this is not described in detail. The story is beautifully written, with a hopeful ending. I am sure this novel will feature in several book award shortlists.



Take Over the World! by Neill Cameron

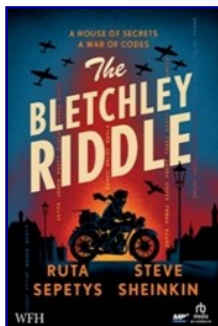
Shortlisted for Waterstones Book of the Year 2025, this graphic novel for younger readers was a bestseller last year. I am sure 'Neill Cameron's Donut Squad' series will appeal to fans of the 'Dog Man' and 'Bunny vs Monkey' series. Book two is due to be published in May of this year. Meet the members of the Donut Squad who are led by Sprinkles. The Squad needs to battle their enemies – the Bagels, who have been busy plotting against our bakery product heroes. An excellent title for reluctant readers.

Read On Continued...



The Poisoned King by Katherine Rundell

Rundell's second book in the 'Impossible Creatures' fantasy adventure series won the 'Books Are My Bag Readers Awards' for Children's Fiction last year. One of the reviews I read stated that they thought this novel was better than the first in the series, in terms of plot and pacing. Though the book can be read as a stand-alone, I think more reading enjoyment will be had with having read the first title. There is a mix of characters, mythical beasts, and a rescue mission. I am sure that this series will be a future classic!

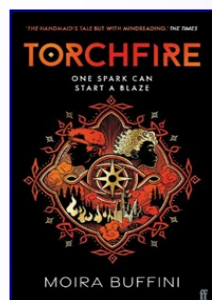


The Bletchley Riddle by Ruta Sepetys and Steve Sheinkin

This historical novel has been shortlisted for the book cover (The Week Junior Book Awards Book Cover of the Year 2025) and the story made the 'Best of 2025' for The Times book reviewer. Jakob Novis is recruited to the codebreaking centre at Bletchley Park, thanks to his maths skills. Jakob begins work on cracking the Enigma cipher, whilst his sister Lizzie is trying to find their mother. In addition to the codebreaking element to the story, it also portrays life in World War II.

AR Level: 4.1

Fiction - Young Adults



Torchfire by Moira Buffini

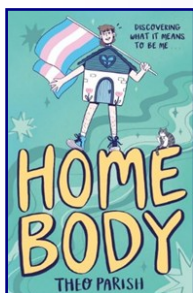
The sequel to 'Songlight' is aimed at an older teen readership due to the themes and occasional strong language. Buffini's dystopian 'Torch' trilogy will appeal to readers who enjoy the combination of sci-fi with fantasy. War between the Aylish and Brightland continues to rage with a new threat looming over the four central characters. Buffini is a skilled world-builder, and the novel is perfectly set-up for the final book in the trilogy.



What Happens Online by Nathanael Lessore

Lessore's novel about a teen who blurs the truth between his online persona and his real life offline has already been listed for two book awards. Fred's online life is far happier than his offline one. His online alter ego has tonnes of followers but offline, Fred is unhappy with his home and school life. Fred starts to tell lies online and spread rumours. Will he be found out? Lessore is very skilled in writing natural dialogue which I think makes the story so relatable for the intended audience.

AR Level 5.3



Homebody by Theo Parish

A graphic novel for older teens, this is Theo's memoir of his life as a trans, nonbinary person. Theo's story of self-discovery and exploration of gender identity makes for a moving read and would provide a useful springboard for discussions about gender identity. The book has been shortlisted for both the UKLA Book Awards and the Carnegie Medal for Illustration.

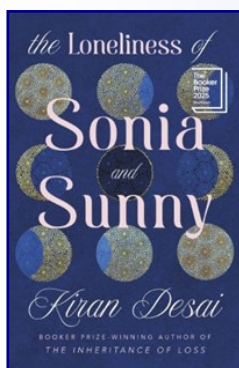
If you are looking for further inspiration, please check out the library web page for a selection of our themed recommended reads.

<https://www.hazelwick.org/teaching-and-learning/library>



Read On Continued...

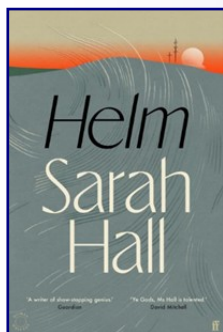
Adult Fiction



The Loneliness of Sonia and Sunny by Kiran Desai

Shortlisted for the Booker Prize 2025, Desai's love story follows central characters Sunny and Sonia on their search for happiness. The author explores the themes of class, race, and inter-generational bonds. If you have yet to discover Desai's beautiful writing style, this would make an excellent introduction to their work. I have shared the link to the author's page on 'Fantastic Fiction' for a full listing of their novels and the titles that have won book awards.

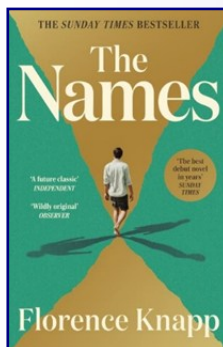
<https://www.fantasticfiction.com/d/kiran-desai/>



Helm by Sarah Hall

Described as an elemental tale, Helm has long been a folklore subject, described as part-god of the elements and part-sky demon that has dominated the North England landscape since the beginning of time. Over the centuries, humans have taken different approaches to this unique life force, but Dr Selima Sutar fears that the end is nigh. This is an original and unusual novel that examines the relationship between nature and people.

<https://www.fantasticfiction.com/h/sarah-hall/helm.htm>



The Names by Florence Knapp

Set after the Great Storm of 1987, this debut novel is full of hope and makes for a moving read. Central character Cora and her nine-year-old daughter must register the name of her newborn son. Cora has promised her husband that they will follow his family naming tradition. However, Cora is having second thoughts about the name but knows that breaking her promise will have consequences. Three versions of her son's life are then related, each shaped by a different first name. With each version of her son's life, the author explores some complicated themes surrounding family life.

My Year of Reading: Reading Challenge

West Sussex Library Service has launched their reading challenge for this year, and I thought you may wish to sign up! Each month will have a different reading theme, and you can join as an individual reader or as part of a reading or family group. The challenge aims to 'Discover new stories and share together in a love of reading.' The challenge for January is to read a short book or short story, and the February challenge is to read a book set in another country. Further information can be found by clicking the link below:

<https://arena.westsussex.gov.uk/my-year-of-reading>

Penguin Books Fourteen Fun Reading Challenges

Penguin Books have some creative ideas to mix up your reading habits for the year. I like these as they are a departure from focusing upon the number of books read in a year.

<https://www.penguin.co.uk/discover/articles/reading-challenges-for-bookworms>



Read On Continued...

Hazelwick School Book Group

I have just shared the dates and discussion themes for the Hazelwick School Book Group for this year. The group is open to students from all year groups. Our first meeting takes place on Friday 30th January in the library after school and we will be discussing our best reads of 2025.

Dates and discussion themes:

Friday 30th January: Our best books of 2025
 Friday 27th February: New author swap
 Friday 20th March: Fiction vs Non-Fiction
 Friday 24th April Spring meeting: Graphic novels
 Friday 26th June Summer meeting: Summer Fun

National Year of Reading 2026

The Education Secretary made the announcement about the National Year of Reading last year. The Department for Education and National Literacy Trust are working together to 'foster a love of reading for pleasure in children and young people, ensuring all children get the best start in life'.

Please check out the link to the Press release for further information.

<https://www.gov.uk/government/news/parents-urged-to-read-more-to-boost-childrens-life-chances>

Keep reading!

Mrs Thornton BA (Hons) MCLIP
 School Librarian

Student News...

Rio Rajack - 8TEL

Great performance from Rio at the Allstars BJJ competition. Rio won two gold medals and the belt in both No-Gi weight and open weight divisions!

Well done Rio!





Read On Continued...

Guest Reviewer

Our guest reviewer this month is: Mr Elliott

Book Title: The Great Gatsby

Author: F. Scott Fitzgerald



I once thought to myself, who decides which books, art, or any form of media is famous? Are they the best ones? The ones with the most interesting backstory? The works are often put into a 'canon', which generally defines the most important works of the Western World. I decided to give one of these celebrated books a go when I read *The Great Gatsby* (1925) by F. Scott Fitzgerald

Despite being considered a relative commercial failure at the time, this book has been catapulted into the higher ranks of literary works in the century since its release. The book deals with themes such as; 'The American Dream', the mentality of the American upper-class, and love/marriage. Fitzgerald does this not through the perspective of the titular Gatsby, but through someone just on the outside of this world, Nick Carraway.

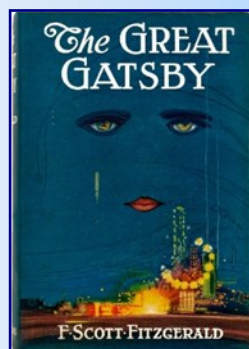
I won't spoil it of course, but the book follows the extravagant adventures of Jay Gatsby, an incredibly wealthy and famous man who throws huge parties at his mansion in the outskirts of New York City. The author examines the relationships between Gatsby and his friends (some might argue fanatics), the mystery surrounding the millionaire, and everyone's desire to be famous and important.

What do I think of the book?

I feel like the context of the book is very important, and I definitely would have got a lot less out of the book without it as a backdrop. The story can wander at times and there is no clear villain or hero, which I actually found refreshing since I sometimes have the tendency to fall back into familiar stories and structures. I loved the characters and how they felt stereotypical yet complex. It was fun thinking about who these people were, picturing their likes and dislikes, and what they want in life.

Who would enjoy this book?

Anyone interested in American history, or the decade of the 'roaring' 1920s. The setting plays a key role in the film and I think it would enhance your experience if you enjoy the time period. Anyone who wants to get invested in characters and their backstories too since this is very much a character-driven story. Exploring the characters and why they do what they do in the book was the most fun I think!



Sport...

Talented Athlete Programme - Year 10 - Workshop 1

On Tuesday 13th January, the new cohort of 13 Year 10 students who qualified for the talented athlete programme, participated in their first workshop. These students participate in their various sports at county level (or equivalent) and above. Their fitness requirements are broad, ranging from Dance and Artistic Gymnastics to Brazilian Ju Jitsu!

Students completed an induction for the use of the school's fitness suite. They will then have free use of this facility alongside the fitness clubs run by the PE department. The workshop culminated in the students completing a workout thinking about how the equipment can improve their specific fitness needs.

An excellent start to the programme, well done!

Mrs McHugh



Sport Continued...

Sussex Schools Table Tennis Championships

Fizzah Altaf (I IDDM) and Aisha Bashir (I ODSI) both competed in the Sussex Schools Table Tennis Championships held at Burgess Hill Triangle Leisure centre this month.

Fizzah won all of her games in the U16 category and is now the Sussex Schools Champion.

She will progress through to the National competition which will be held later this term.

Congratulations, Fizzah!

Mr O'Brien



U16 Basketball

The season has kicked off with fixtures against St Wilfrid's and The Gatwick School. The girls went down to a loss against St Wilfrid's in what was for some their first taste of competitive basketball. Gatwick gave Hazelwick a walkover in their fixture.

The boys have had a very convincing start and there is real strength and depth across the two year groups.

St Wilfrid's v Hazelwick School – Hazelwick win 27-57
Hazelwick School v Gatwick – Hazelwick win 73-10

Top back Left-Right

Kornel Souare, Seb Dealhoy, Akeem Peters, Joel Mafo, Ray Maoundus

Bottom Left-Right

Jeremy Ataisi, Harry Byrne, Jack Lanham, Fraser Estecourt, Joseph Buckle



Mr O'Brien



HAZELWICK SCHOOL SPORTS CLUBS



SPRING TERM
2026

Monday

Fitness club
Year 9-11
North changing
Miss Oxby

Basketball
Year 7
South changing
Mr Youngman/Storm

Wednesday

Boys football
Astro
All years
North changing
Mr Goodwin/Mr Banahene

Netball
All years
North changing
Miss Fordage/Miss Calthorpe

Leadership Academy
Year 9 (selected students)
South changing
Mrs Reynolds

District Girls Football fixtures
Check fixtures calendar
District Basketball fixtures
Check fixtures calendar

Tuesday

Fitness club
Year 9-11
North changing
Mr Goodwin

Rugby
Year 7 - 10
North changing
Crawley RFC coaches

Hockey
Year 7-11
North changing
Miss Calthorpe/Miss Meekings

GCSE PE Booster
Year 11
Report to North PE office
Mrs McHugh

District Girls Football fixtures
Check fixtures calendar
District Basketball fixtures
Check fixtures calendar

Thursday

Badminton
Year 10-11
North changing
Mr Bagnall

Girls Football
All years
North changing
Mr Banahene/Miss Fordage

Basketball
Year 8-11 (4:30-5:30)
South changing
Storm coaches

District Girls Football fixtures
Check fixtures calendar
District Basketball fixtures
Check fixtures calendar

To view Crawley district schools fixtures and leagues visit

www.crawleyschoolspe.leaguerepublic.com

Friday

Sixth form sports
Mrs Reynolds
Astro, Fitness suite and Sports Hall
Sports kit and appropriate footwear required



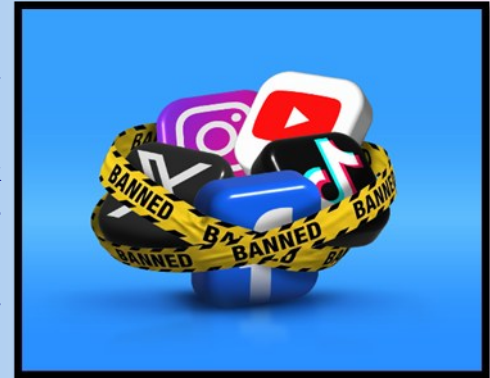
After school clubs run from 3:00-4:15 unless stated.
Clubs are free to attend. Students can just show up.
Students should bring their PE kit and appropriate footwear.
For fitness club all students must have completed an induction and Par-Q available from the PE office.



Spotlight on Safeguarding...

For your information this month, via the Newsletter, we are raising awareness of the negative impact of social media use amongst young people.

The debate over the use of social media amongst young people has intensified in recent months in the UK after Australia banned under 16s using social media in December. The ban has meant that under 16s are unable to access popular social media platforms such as Tik Tok, Instagram and You Tube which has led to 4.7 million social media accounts being deactivated. This month the UK government is launching a consultation on banning social media for under 16s. BBC News has reported that if a law is introduced to ban social media, there would be measures included which would give Ofsted the power to check school policies on mobile phones and it is expected by ministers that schools would become 'mobile phone free' as a result. While there is significant support for a ban in the UK with a number of MPs backing the ban and the mother of murdered teenager Brianna Ghey also supporting a ban, there has been some opposition to the proposal.



Whether a ban is introduced or not, there is significant evidence that shows the negative impact that social media use has on young people. Sam Tyrer from Change Talks states that at a time when a teenager's identity is developing, self-worth is linked to likes and followers and when this validation does not come it can hit them hard, making them feel isolated. The mother of murdered Brianna Ghey said that her daughter had mental health struggles which were exacerbated by her social media addiction. Similarly, Mollie Russell's self-harming and subsequent suicide was directly linked to her viewing of social media content by an inquest.

Sam Tyrer from Change Talks states that there are a number of red flags to look out for and how you can start a conversation about social media with a young person:

- Becoming withdrawn or noticeably more irritable after being online
- Constantly checking their phone, even during moments which should be calm, such as mealtimes and before bed
- Struggling with sleep – especially staying up into the early hours scrolling
- A dip in confidence, or becoming overly focused on their appearance
- Avoiding in-person social events, even ones they used to enjoy
- Regularly deleting posts if they don't get 'enough' likes or comments – that one's a big clue

It is important that a conversation does not become a lecture as teenagers will shut down if they think they are being told off for something. Tyrer believes that using curiosity, as opposed to what might come across as interrogating is the best approach. E.g. "I noticed you seemed a bit low after being on your phone – how are you doing?" or "What's your social media feed like now? I'm interested in what you're seeing."

In PSHE lessons, students are taught about digital wellbeing and online safety during Year 7 and in Year 9, digital wellbeing and the use of social media is taught.

Where to get further information and support:

- **NHS**
[Social media and its effects on children's mental health :: Lancashire and South Cumbria NHS Foundation Trust](#)

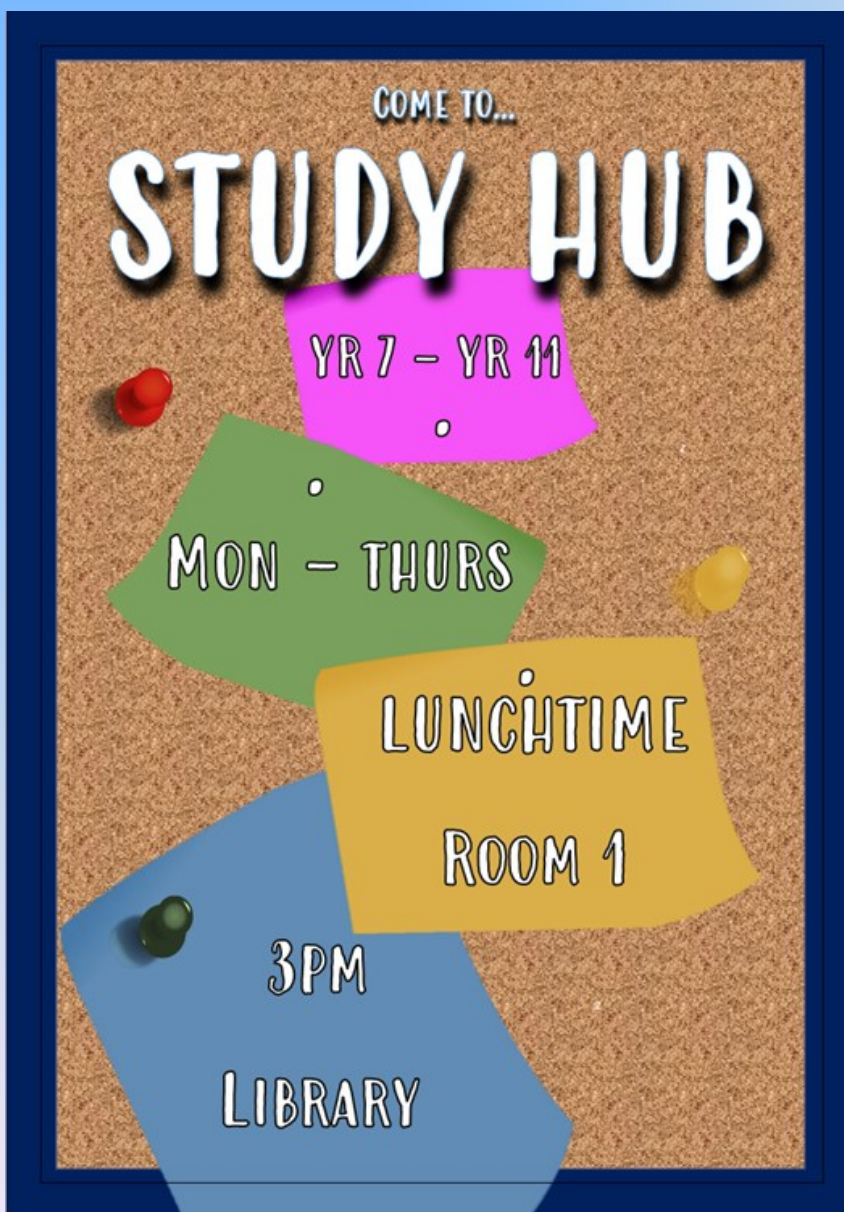


Insight - Parent Portal

Insight is a secure online system which allows parents/carers to access a range of data and information about their son/daughter. Once logged in, parents/carers can view information such as their child's timetable, session attendance, behaviour points and school reports.

If you have not accessed this yet and would like more information, please email insight@hazelwick.org.uk

Homework & Revision Clubs



Study Hub

Years 7-11

supervised study at
lunchtime and 3-4 pm
after school.

No need to book, simply
turn up when you need
help.

Sixth Form: Monday to Friday until 4.30pm – Supervised study in the Octagon.