



# MARK HALL ACADEMY



## WEEKLY BULLETIN

SUMMER TERM - FRIDAY 10 MAY 2019

### Term Dates 2018-19

#### Spring Term 2019

Monday 7 January—Friday 5 April  
Half Term: 18 February - 22 February  
Staff Training Day—11 January 2019

#### Summer Term 2019

Tuesday 23 April—Friday 19 July  
Half term: 27 May—31 May  
May Bank Holiday: 6 May

### Dates for Your Diary

Monday 13 May	Start of Exams	
Wednesday 15 May	Parent Council Meeting	5.30 pm
Thursday 16 May	Parent Teacher Association (PTA)	6 pm
Tuesday 25 June	Year 11 Prom	Newlands Hall in Roxwell
Thursday 4 July	Student Production : Little Shop of Horrors	

### Term Dates 2019-20

#### Autumn Term 2019

Tuesday 3 September—20 December  
Half Term: **21 October —1 November**

#### Spring Term 2020

6 January—3 April 2020  
Half Term: 17 February—21 February

#### Summer Term 2020

20 April—17 July  
Half term: 25 May—29 May  
May Bank Holiday: 4 May

Please note the highlighted date for Autumn 1/2 term. This is a two week break due to moving into our new building

Dear Parents/Carers

Yet another exciting week at Mark all Academy as our second week as Co-Principals. We have both enjoyed and embraced every moment and would also like to extend our thanks to you and our students for the support we have received over the last couple of weeks. We have conducted assemblies to talk to students about our vision, ethos and philosophy. The key message being that we believe that the most important thing is that the students are at the heart of everything we do.

This week has seen both the Engineering and Language Speaking Exams taking place and from next week we will be in full flow for both the exams and revision sessions for many of our students. We extend our best wishes to all those who will be sitting exams over the forthcoming weeks. We wish them every success.

Next week will be another exciting week for us, students and parents. We have our Parent Council Meeting on Wednesday 15<sup>th</sup> May, 5.30 pm. Also next Thursday 16<sup>th</sup> our Parent Teacher Association (PTA) will be meeting, 6pm – 7.30 pm. All new members welcome.

We cordially invite parents to have a tour of our new academy building. Any expressions of interest please contact the school.

Over the next few weeks we will start to prepare plans for our new House System which we are excited to put in place and will share more information as this develops.

Mrs M Hazle & Ms V Butler  
Acting Co-Principals

Aspire

Endeavour

Achieve

## Notices

# Letters Home / Information on Website

Please click on the links below to view letters that have been emailed or sent home:

<http://www.mha.attrust.org.uk/wp-content/uploads/2019/01/SchoolMoney-letter-Jan-2019-1.doc>

<http://www.mha.attrust.org.uk/wp-content/uploads/2019/03/Mobile-Phones-Exam-Letter-2.pdf>

## Parental Concerns

I would like to take this opportunity to remind parents and carers that should you have any concerns or matters that you wish to discuss with the Academy, that you contact your child's Home Group Tutor or Guidance Manager in the first instance. If you feel that your child's Home Group Tutor or Guidance Manager are unable to help you, please contact your Key Stage Coordinator (Head of Year). Of course, if you feel that you still need support, please do contact either Mrs Hazle or Mrs Butler. Any issues which cannot be resolved by the Co-Principals will be escalated for my attention and between us we will endeavour to respond to your concerns as soon as possible.

Key Stage 3 Coordinator—Mrs L Brown (Years 10 & 11)

Key Stage 4 Coordinator—Mr C Kemp (Years 7, 8, 9)

Guidance Manager Year 7—Miss M Warwick

Guidance Manager Year 8—Mrs J Hawkins

Guidance Manager Year 9—Mrs S Maragh-MacPherson

Guidance Manager Years 10 & 11—Mrs L Hunt

## Library Books

Please can you check to see if your child has a library book as many are now overdue, and have been for some time. If so, please return them as soon as possible to the library. If the book has been damaged or cannot be found then a payment for the cost of a replacement is required, alternatively a replacement copy in good condition is also acceptable.

## Exam Stress Guidance

As you are aware exams start after the Easter Break. Please encourage your child(ren) to look at this Student Guide to coping with Exam pressure. Also we encourage both parents and students to read the page later on in this Bulletin on how to handle the stress of exams.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/781889/Student\\_guide.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/781889/Student_guide.pdf)



We would like to introduce to you a new group within the academy which has been formed by Mark Hall Academy students and is called Charity Angels.

Our aim is to do specific projects to raise donations for different charities throughout the year. Our current project is to donate a bag full of essentials for the homeless to give to Streets2Homes a local Harlow Charity. We would be grateful for any donations that you may be able to give. Thank you.

Charity Angels  
Students of Mark Hall Academy

**ACTION CALENDAR: MEANINGFUL MAY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>"We can change the world"</b> ~ Nelson Mandela</p> 		<p>1 Do something meaningful for someone you really care about</p>	<p>2 Share photos of 3 things you find meaningful or memorable today</p>	<p>3 Take interest in people who are older, younger or different to you</p>	<p>4 Get outside. Look at the sky &amp; feel connected to the natural world</p>	<p>5 Choose one of your life goals and take a step towards it</p>
<p>6 What are your most important values? Use them today</p>	<p>7 Go on a kindness mission. Give your time to help others today</p>	<p>8 Tell someone about why your favourite music means a lot to you</p>	<p>9 Pay special attention today to the people you cherish most</p>	<p>10 Find out about the values and traditions of another culture</p>	<p>11 Do something to help a project or charity you care about</p>	<p>12 Visit a location that you find inspiring and meaningful</p>
<p>13 Find a way to craft your work activity to give it more meaning</p>	<p>14 Recall three things you've done that you are really proud of</p>	<p>15 Look for opportunities to be a good citizen of the world today</p>	<p>16 Share an inspiring quote with someone that matters to you</p>	<p>17 Gaze up at the stars and see that we are part of something bigger</p>	<p>18 Connect with people who matter to you (face-to-face if possible)</p>	<p>19 Today do something that makes your soul sing</p>
<p>20 Think about how your actions make a difference in the world</p>	<p>21 Ask a loved one or colleague what matters most to them in life</p>	<p>22 Support a cause that stands for something you believe in</p>	<p>23 Reflect on what makes you feel really valued and appreciated</p>	<p>24 Notice all the amazing wonders in the world around you today</p>	<p>25 Find out how to get involved in a group in your local community</p>	<p>26 Do something special today and revisit it in your memory tonight</p>
<p>27 Link today's choices and decisions to your purpose in life</p>	<p>28 Today do something to care for the planet</p>	<p>29 Tell someone about 3 events in your life that were really meaningful</p>	<p>30 What do you want to change in the world? Do something today</p>	<p>31 Take the AfH pledge: to create more happiness in the world</p>	 	

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## Handling the pressure of external exams

Information for parents and carers



### Did you know?



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future



### What can you do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.



## Meteor Club



Monday to Friday in the LRC  
3.10pm to 5.20pm

An opportunity for all year groups to get their homework done with support and resources to help.

Free activity of the week is offered once homework is complete, so you can get creative and socialise with students that are not normally in your friendship groups.

Friday - week 2, a film will be shown for you to relax with at the end of the week if you so wish, of course there is still the option to complete homework. Friday – week 1, is the opportunity to write reviews of the films watched to earn rewards scaled to the number of reviews written. Full details of which are displayed in the club.



Film – Secretariat

[www.youtube.com/watch?v=UKmuvjL2cVw](http://www.youtube.com/watch?v=UKmuvjL2cVw)

  
**Mark Hall Academy**

## PREPARED

**POTENTIAL AND PERSEVERANCE**  
 Work hard in order to reach your potential.  
**ASPIRE, ENDEAVOUR, ACHIEVE.**

## RESPECT

Treat everyone with **RESPECT**. **STAND UP TO BULLYING**  
**RESPECT THE POSSESSIONS OF OTHERS.**  
USE Appropriate language. **FOLLOW INSTRUCTIONS FIRST TIME**

**EQUIPMENT** is an essential **TOOL** for learning and life. **REMEMBER TO BRING IT TO EVERY LESSON.**

**PLANNERS** THESE NEED TO BE **UP TO DATE** WITH SIGNATURES, HOMEWORK, NOTES, TARGETS AND POINTS.

## ATTENDANCE AND PUNCTUALITY

Ensure you have **EXCELLENT** attendance and punctuality every lesson and every day.

**READING BOOKS** Bring in a reading book **EVERY DAY**. Books should be placed on desks at the beginning of each lesson.

**ENGAGEMENT** Ensure you are focused during Home Group and lessons, complete all classwork and **HOMEWORK TO THE BEST OF YOUR ABILITY.**

## DRESS AND UNIFORM

This should be consistent and of a high standard adhering to the **ACADEMY UNIFORM CODE.**

## PARENTS, DID YOU KNOW?



You can learn more about...  
*Criminal & sexual exploitation • Trafficking Gangs • Online sexual abuse • Missing children*  
 At one of our all day events across Essex

8 June, Chelmsford Library  
 15 June, Harlow Playhouse  
 10 August, Basildon Council Offices  
 7 November, Clacton-on-sea Princes Theatre

Why not drop by and talk to a range of experts or book a seat in advance for our specialist talks.  
 For more details visit: [www.escb.co.uk/exploitation](http://www.escb.co.uk/exploitation)





## kooth

**Struggling with self-esteem or bullying?**



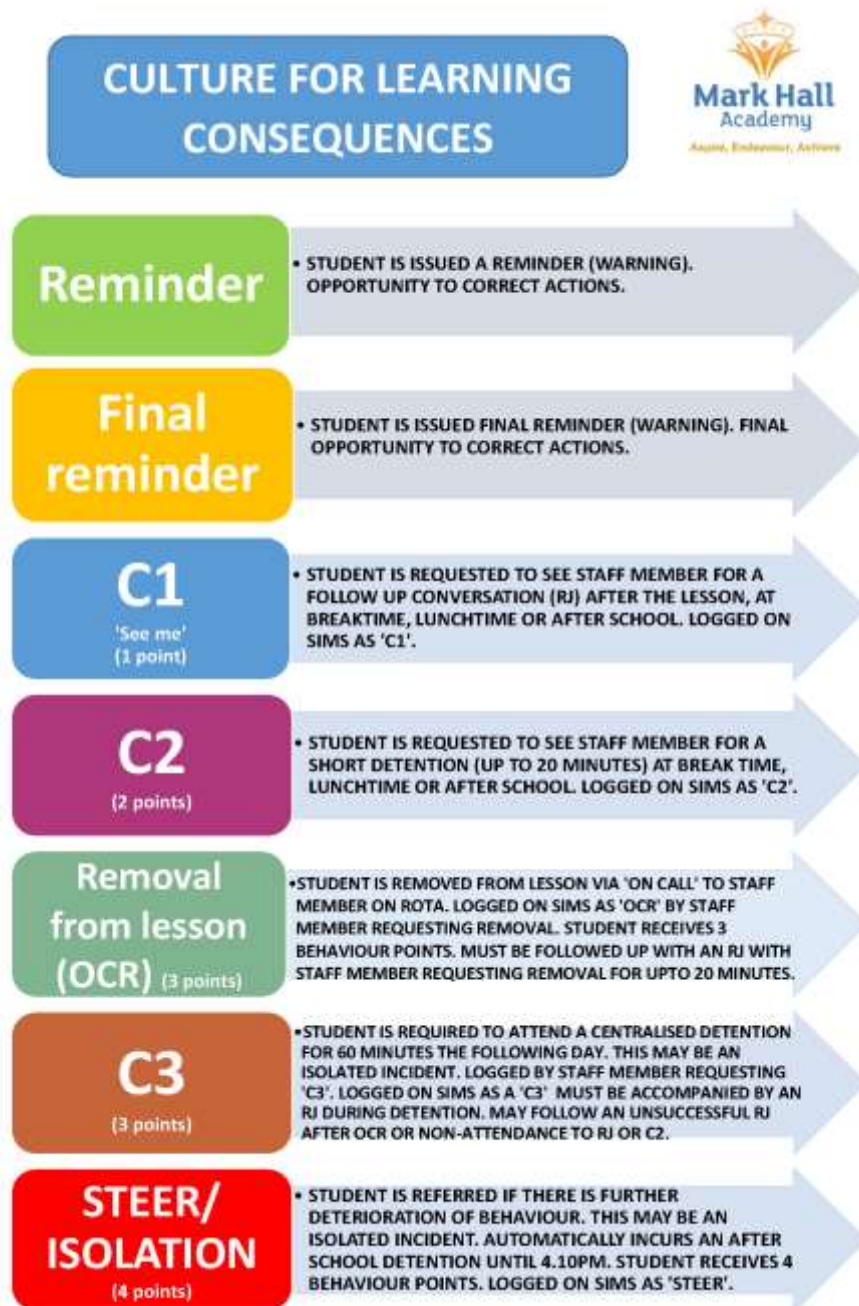
**Kooth is a free, confidential online counselling service for young people aged 11-26 in Essex**  
 Chat to qualified counsellors who are waiting to support you with whatever you may be experiencing

Aspire

Endeavour

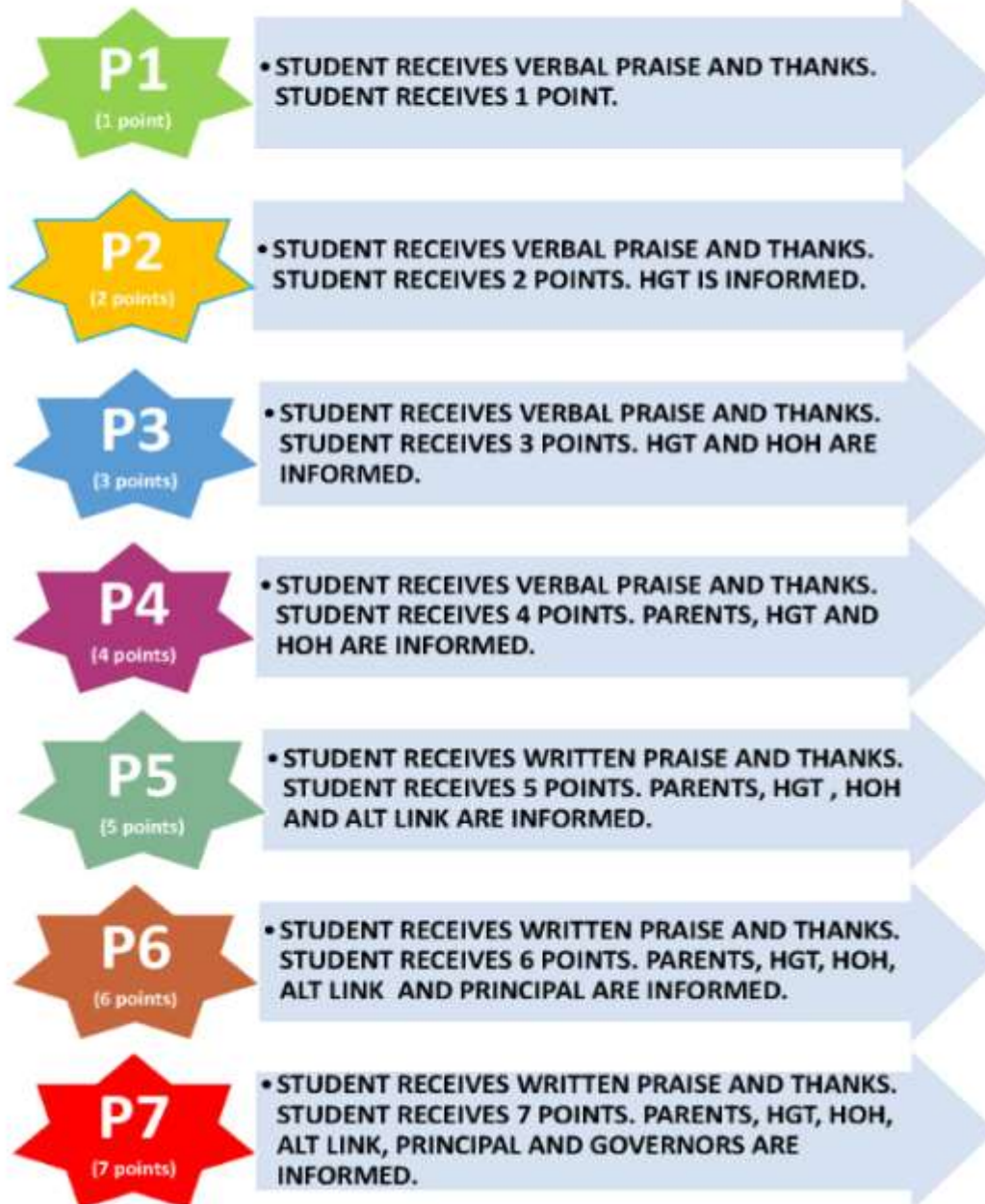
Achieve

## Student Behaviour and Consequences (detentions)





## CULTURE FOR LEARNING RAISE THE PRAISE



w/b: Monday 13 May 2019



reminisce (verb)

to think or talk about the past – usually positively

I like to reminisce about the past.

## Maths challenge of the week

Can you achieve Bronze, Silver and Gold ?

Challenge your family members!

Who can win the medals?

Maths Challenge - each column starts with 27

27	27	27	S K I R U N S
+9	÷ 9	+23	
-5	+15	× 8	
+7	× 5	Square root	
-3	+18	+16	
+9	÷12	× 5	
-4	× 7	25% of	
+11	-13	÷ 9	
-7	÷ 5	× 15	
-12	+23	-32	
+9	÷11	+17	
???	???	???	ANSWERS →

Aspire

Endeavour

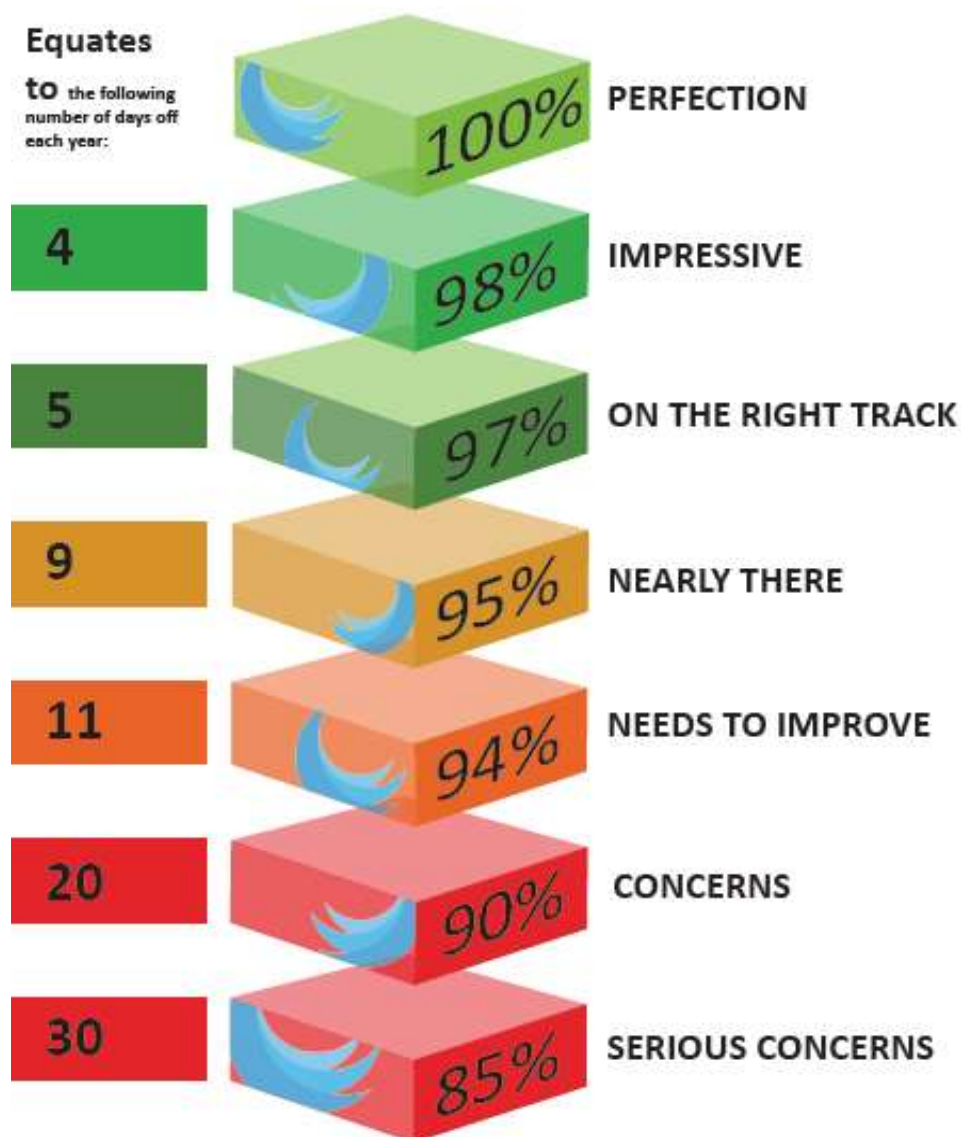
Achieve

## ATTENDANCE



**Equates**

to the following  
number of days off  
each year:



Aspire

Endeavour

Achieve

## Academy Menu For week beginning 6 May 2019

GLOBAL ADVENTURE FFL WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	MEDITERRANEAN Chicken Shawarma Flatbread 93162898  Paprika Potato Wedges (no oil) 93130895  House Slaw 93129626	CHINESE Five Spiced Beef 93159931  Beggars Noodles 93131282  Peas 93065563	BRITISH Roast Pork with Stuffing and Apple Sauce 93098927  Roast Potatoes (oil) 93162617  Seasonal Cabbage 93143359  Carrots 93065561  Gravy 93034775	INDIAN Chicken Tikka Masala 93128001  Rice 93135592  Cucumber Raita 93142255	BRITISH Home-made Battered Fish Fillet 93105116  Chips (oil) 93124814  Baked Beans 93162619 OR Peas 93065563
HIGH STREET FAVES	DEEP SOUTH DINER BBQ Pulled Beef Brisket 93162912	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941	DEEP SOUTH DINER Beef Burger 93156920	WINGS & THINGS Texas BBQ Chicken 93131191	DEEP SOUTH DINER New Yorker Quorn Dog 93147290
	Feta and Potato Frittata 93162900	<b>Mac 'N' Cheese</b> 93127228	Sweet Potato & Squash Casserole 93101314	Boston Bean Pot 93130977	Veg & Bean Quesadilla 93086623
	New Orleans Red Bean Rice * 93159957	Garlic Bread* (no oil) 93154277	Chipotle Potato Wedges (no oil) 93163112	Layered Potato Bake 93162904	Chips (oil) 93124814
	Southern Greens 93154278	Chop Chop Salad 93153242	Corn on the Cob 93130897	House Slaw 93129626	Sweetcorn 93094208
SPEEDY ITALIAN	Veggie Supreme Pizza (v) 93147947	3 Cheese Sicilian Pizza (v) 93147949	Hawaiian Pizza 93147946	Bacon Pizza 93127250	Veggie Hot One Pizza (v) 93147968
	Veg Bolognese Pasta (v) 93102889	Arrabiata Pasta (v) 93147953	Chunky Vegetable Pasta 93137661	Beef Bolognese 93102799	Herby Tomato Pasta (v) 93147954
	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257

Wholegrain \* Oily Fish \*\*\*

## Mark Hall Academy Football Club

All students are welcome to join our Mark Hall Academy Football Club which runs every Wednesday after School. Girls and boys from year groups 5 to 10 are welcome to come and join in



MHA PRESENTS

## Digital Leaders Join now!

WHEN

Thursday after school:  
3:10-4:10

WHERE  
WEST 1

WHAT  
Programming



Dear Students

There will be a display of lost property in Learning Hub every day from 11.10am until 11.30am

You will be able to access this from the West Playground and there will be a sign on the door

As Mark Hall does not have room to keep Lost Property, it will only be held for 1 week before being disposed of.

