

— Volume 2 - Year 8 —

The Eagle

Newsletter



INSIDE, WE
ALSO
TALK
ABOUT:

Head of Year
Updates

Subject Information

House Notices

Events/Sporting
Events

Key Dates and
Notices

Hessle Christmas Light's Switch On

It's beginning to look a lot like Christmas...

The annual community event of the season for Hessle, as the town welcomed the festive period with the epic Hessle Town Council Christmas Lights Switch On. This event is a real community affair, bringing together our diverse inhabitants and numerous visitors for some great entertainment, thrilling rides, unique shopping opportunities, plenty of food and beverages, and of course a visit from Father Christmas and his elf.

Hessle High students both past and present, attended in an abundance on the main stage and performance arena, we had over 40 of them singing in the choir, a couple performing together, two bands, a few dance troupes, some cheerleaders and some Sixth Formers who were Father Christmas helpers.

In addition, the students who have signed up for the Camps International Peru Expedition in 2026, attended with their very own Market Stall, in the hope of topping up their fundraising pot

It was a wonderful opportunity for many students to spend time with friends and families, as a community to enjoy local food, supporting their peers and local businesses.

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Head of Year 8 Updates

At Hessle High School, Kindness is more than just a word – it's one of our core values and something we strive to embed in every aspect of school life.

As we approach the festive season, it's the perfect time to reflect on how small acts of kindness can make a big difference, both within our school community and beyond.



Kindness in Action

Kindness isn't just about grand gestures; it's often the little things that matter most – a smile in the corridor, a helping hand in class, or a supportive word when someone is struggling. These moments create a culture where everyone feels valued and respected. We encourage our Year 8 students to look for opportunities every day to show kindness, whether to friends, teachers, or visitors to the school.

Mr Riches

Learning Through Assembly

Recently, our Year 8 assembly focused on the theme of bullying and teasing. We explored how what one person sees as 'just a joke' can quickly become something hurtful and damaging. Words and actions have power, and sometimes the line between teasing and bullying is crossed without anyone realising. We asked students to think carefully about their behaviors and to consider how it might feel to be on the receiving end. The message was clear: kindness costs nothing, but it means everything.

Why Kindness Matters

Research shows that kindness not only benefits those who receive it but also those who give it. Acts of kindness can boost mood, reduce stress, and strengthen relationships. In a world where young people face increasing pressures, fostering kindness is one of the most powerful tools we have to create a safe and supportive environment.

As parents and carers, you play a vital role in reinforcing this message. Simple conversations about empathy, respect, and understanding can make a huge difference. Ask your child about the assembly and what they learned. Encourage them to share examples of kindness they've shown or experienced this week.

Thank you for your continued support in helping us make Hessle High School a place where kindness thrives. Together, we can ensure that every student feels valued and respected.



Around the Classrooms

It has been great to see some of the excellent work produced by Year 8, particularly in Mr Burnett's English lesson where our resident super sleuth Joel was helping the class crack the case of Sherlock Holmes and the Red-Headed League!

Attendance Matters

Every student,
on time, every day



Did you know



1 in 5

students don't attend
school regularly

**It's never too
late to improve
attendance**

- Going to school more often will make a difference
- Attendance habits will follow your child into work and life



**Schools
are here to help.**

What families can do ...

- ✓ Be firm: send your child to school every day, all day, unless they are unwell
- ✓ Develop good sleep and morning routines
- ✓ Schedule appointments and extra-curricular activities outside of school
- ✓ Avoid taking holidays during term time
- ✓ Seek help early before your concerns become serious

Each day missed ...

- Puts your child behind and makes it harder for them to catch up
- Can lead to lower achievement in reading and writing
- Can lead to gaps in learning
- Makes school completion less likely
- Makes the transition into a career less likely to be successful

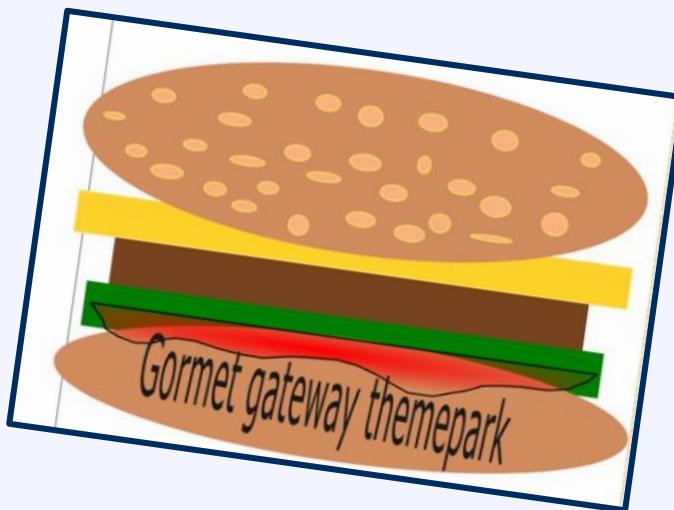
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Business & ICT

Year 8 have had a fantastic term full of creativity and problem-solving in IT! They kicked things off by designing their own professional logos using vector graphics, learning how to create clean, scalable designs that could be used for real branding. After that, students moved on to app development, where they designed mobile app prototypes based on theme parks. Some of the ideas included apps for planning a day out, interactive maps to help visitors find rides, and queue-time trackers to make the experience smoother—lots of imaginative and practical thinking on display!

Just like our Year 7, Year 8 students also took part in the UK Bebras National Computing Challenge. This gave them the chance to tackle a series of fun but challenging puzzles that tested their logic, pattern recognition, and problem-solving skills—key elements of computational thinking that are at the heart of computer science.

It's been an exciting term, and we're looking forward to seeing what they create next!



Teacher Shoutouts

A huge well done on a great start to the following Year 8's:
**Louie S (8C2), Maisie D (803), Joshua P (8C3), Fred N (8A3),
Oliver GJ (803), Ellwood H (8A3) and Amelia S (8C1)**

Drama and Dance

During the first term, our Year 8 students have been focusing on developing their Actor Toolkit. They have revisited the fundamentals of acting, including how to create an engaging narrative and use a stimulus to develop their own devised pieces. This work has helped students build confidence in sharing ideas, leading a group, and performing in front of their peers. They have also explored a range of performance techniques, including improvisation, vocal pitch, tone, and character development, all of which help communicate their ideas and characters effectively on stage.



Teacher Shoutouts

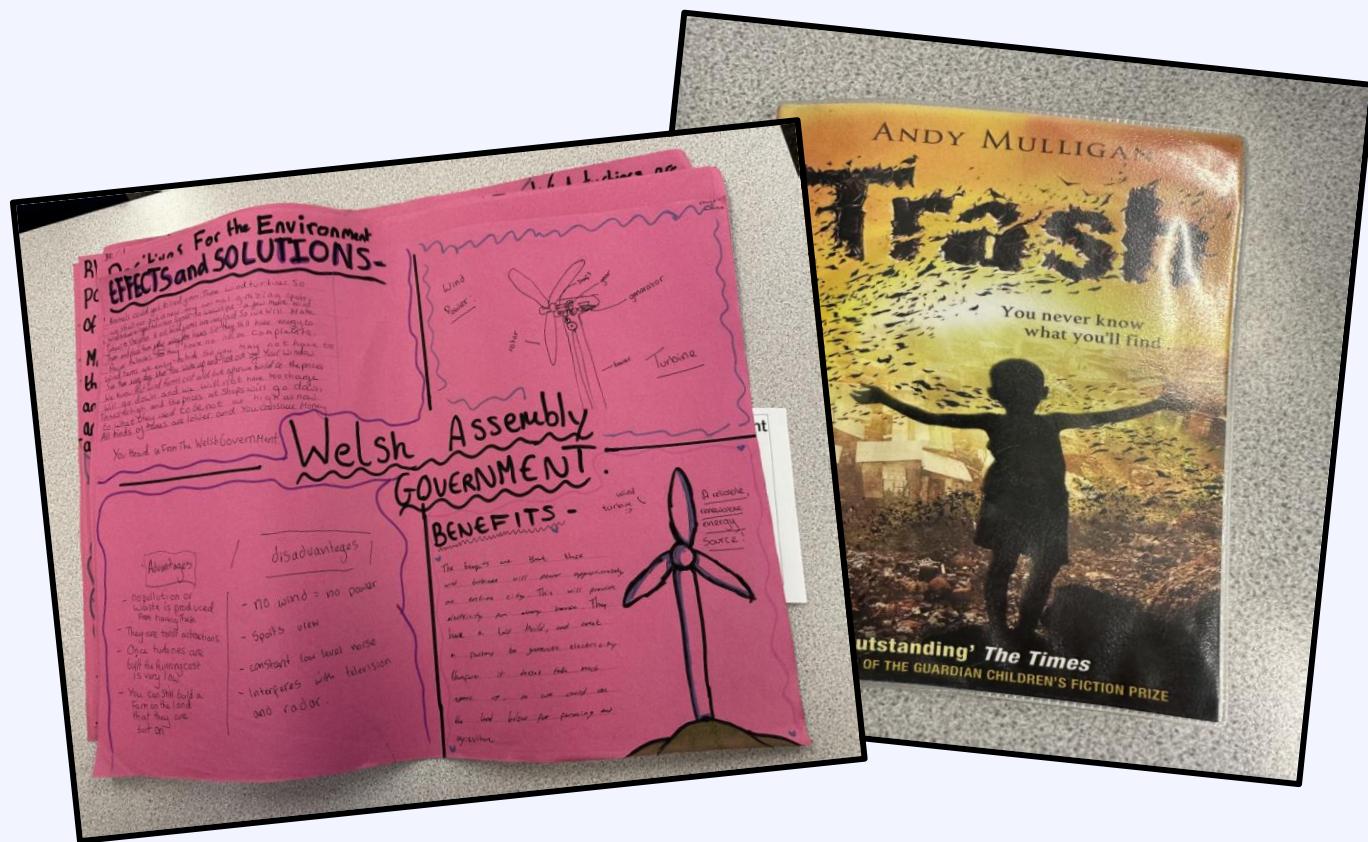
A huge well done to our fantastic Year 8 students who recently attended the Performing Arts London trip to see Wicked! Each of you behaved brilliantly, showed maturity, and represented our school with pride. Your positive attitude, respect, and enthusiasm throughout the day did not go unnoticed.

Thank you for being such wonderful ambassadors for our school!
Abigail J (8P3), Susanna M (8A2), Libbie D (801) & Jessica (801)

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Geography

Year 8 are studying How Can Earth Cope as part of their Geography lessons. This involved looking at non-renewable energy and how this links to climate change. We then spent some lesson time reading the novel Trash to look at how children in low-income countries have to work on the rubbish dumps to scavenge for a living. They are now studying our carbon footprint and plastics pollution. We finish by looking at the idea – Can the earth cope?



Teacher Shoutouts

Indie F (8C1)

Joseph H (8P3), Beth M (8C3), Isaac F (8C2),
Edward H (801) and Alicia C (8A3) for showing
great engagement in lessons.

Scarlett T (802), Obi M (8C3), Quinn B (803),
Max B (801) for showing great effort.



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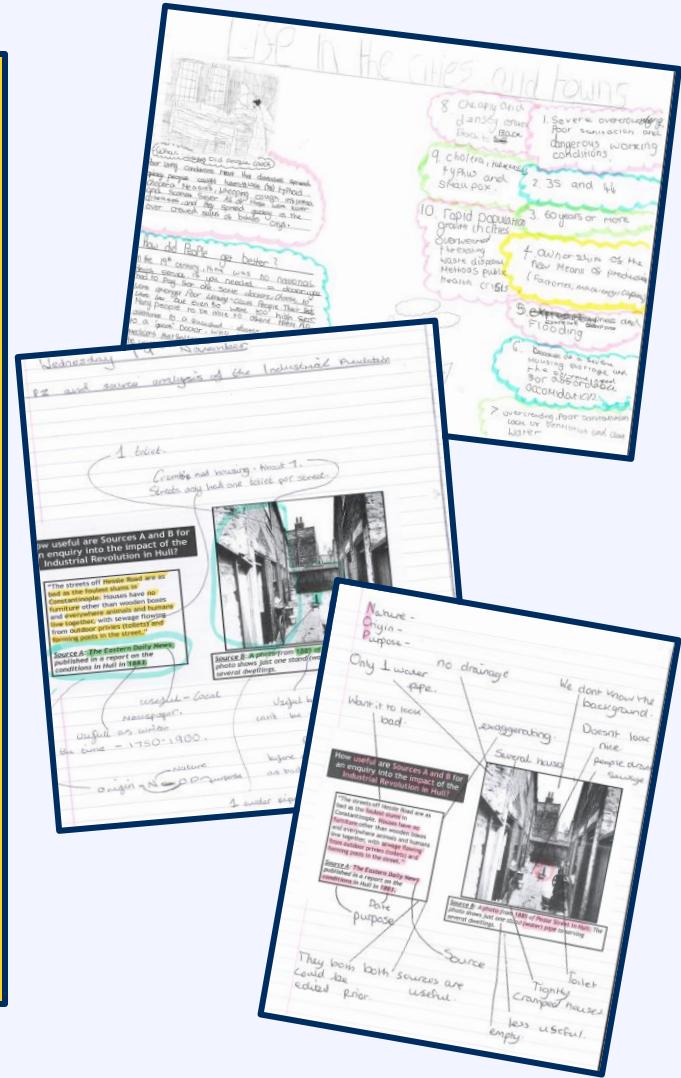
History

This term students have been learning about the Trans-Atlantic Slave Trade and the abolition of slavery. During this topic, students have analysed historical sources and engaged in challenging discussions about attitudes towards slaves, their experiences on the Middle Passage and their lives working on plantations.

Students have also been considering the efforts of those who brought slavery to an end with a particular focus on the work of individuals like William Wilberforce and Olaudah Equiano. They have learnt about the techniques used by abolitionists to convince the British public and Parliament to end the slave trade.

Upcoming Curriculum/Events:

In the next term Year 8 students will be learning about the impact of the Industrial Revolution and how far it can be considered a period of growth. Students will learn about the experiences of those who worked in the factories that powered the Industrial Revolution as well as the technological advancements that benefitted Britain.



Teacher Shoutouts



Jacob C (8A3) Jacob works really hard every lesson often completing the stretch and challenge activity. Keep up the hard work!

Shakira C (8A2) Shakira's book is outstanding; she takes real pride in her work.

Evelyn N (8A3) Evelyn works really hard every lesson, her book is also beautiful

Jack W (8C1) Jack is always volunteering to answer questions and read and Jack consistently produces work of an outstanding quality

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Music



This term, Year 8 students have been exploring the rich history and musical roots of Blues music.

Their learning began by looking at how the Blues developed from the experiences of enslaved African Americans. This topic connects meaningfully with their History curriculum, helping students make thoughtful cross-curricular links between society, culture, and artistic expression.

In practical lessons, students have been working on the keyboards, learning to play the chords of the 12-bar blues pattern, which is a key feature of the style. They have also been experimenting with improvisation using the blues scale, encouraging creativity, confidence, and musical independence.

As their skills have continued to grow, students have challenged themselves further by combining both the chord pattern and improvisation to create a full blues performance. Many have successfully progressed to playing with both hands together, demonstrating excellent coordination and developing their musicianship.



Teacher Shoutouts

A huge well done to the following students for pushing themselves during our Blues unit. You showed fantastic confidence by performing with a walking bassline while also improvising using the blues scale, a brilliant musical achievement.

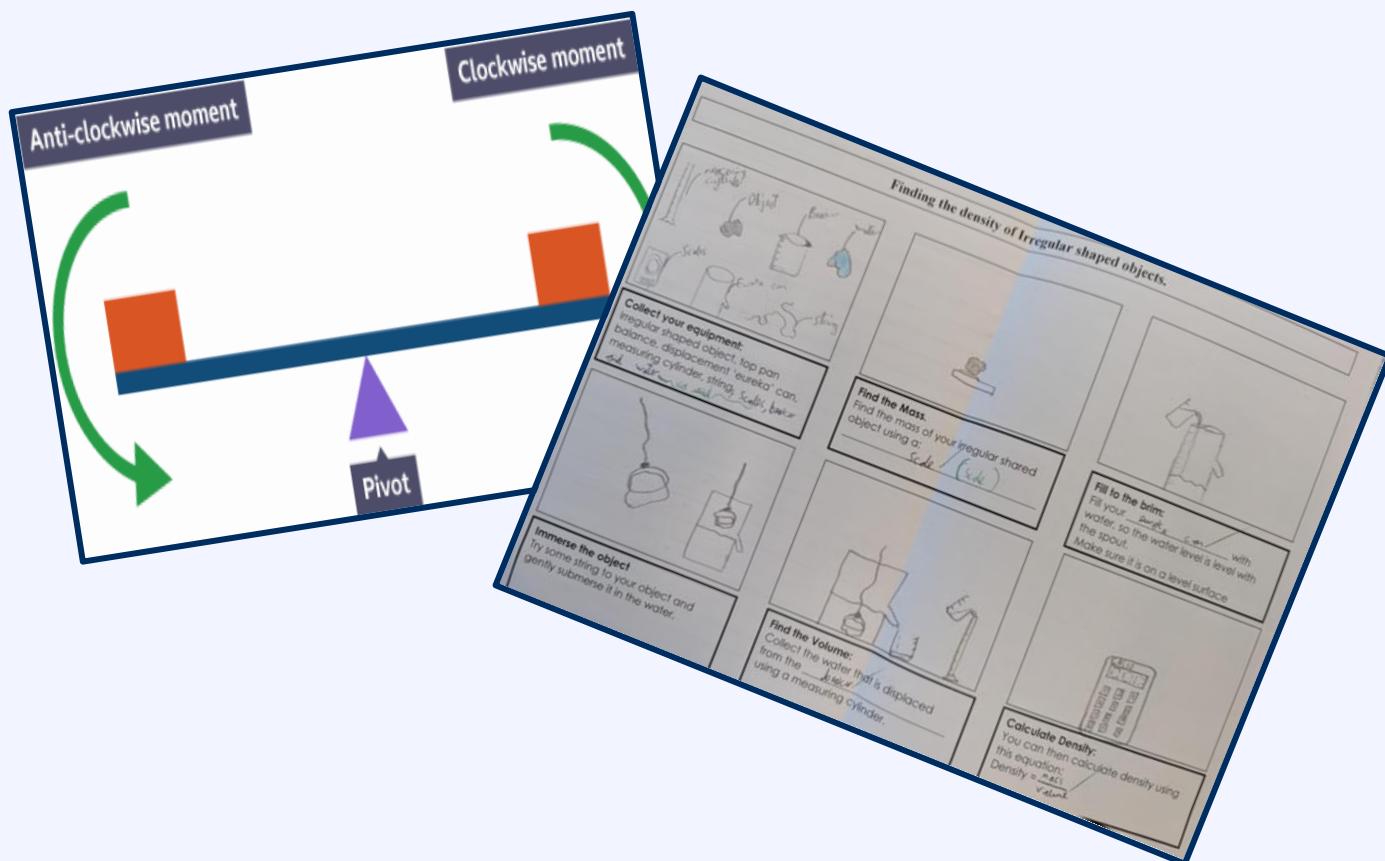
Joseph H (8P3) and Beth M (8C3)

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Science

In Year 8 our students are completing topics in Physics namely, Forces and Motion with an aim to answering the "Big Question" - Why does a see-saw need 2 people? On the other side of physics our pupils are learning about Matter and Pressure aiming to answer our Big Question – Why doesn't a beach ball sink in the sea?

After the Christmas break they will start some Chemistry topics, learning about Acids and Alkalies and Elements, Compounds and Mixtures.



Teacher Shoutouts



Isabelle P (8P1)

"Top marks in the food and digestion purple zone, amazing effort. Well Done! "

Technology

Product Design

During the first term, Year 8 Product Design students have explored a range of designers and design movements, focusing particularly on the Memphis design movement. Using this research, they developed creative design concepts for their own clock project. As part of the design process, students also examined how modern manufacturing methods impact both society and the environment, building an awareness of responsible and sustainable design.

Textiles

In Textiles, students have been investigating global issues including climate change and sustainability. With an emphasis on responsible design, they used their textile skills to upcycle old socks into their own sock monkey. This project helped students consider how reuse and repurposing can reduce waste while allowing for imaginative and individual outcomes.

Food

In Food, students began the year by studying bacteria and learning how correct food storage can help prevent food poisoning. They explored how temperature and environmental conditions affect bacterial growth. Students also learnt about different methods of heat transfer and applied this theory in practical cooking sessions. Throughout the rotation, they prepared and cooked a range of dishes including chicken curry, smoky pasta and flatbread pizzas.



Teacher Shoutouts

Laci E (8A1) – Food

Dylan B (801) – Product Design

Elif K(803) - Textiles

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Orlando House Updates



Hello Orlando house!

What an amazing start to the year we have had so far and as we approach the end of the first full term, it's exciting to think of what is still to come.

Orlando Charity Launch: Dove House Hospice

For the next two years, Orlando students are proud to support Dove House Hospice as their charity. Dove House Hospice pride themselves in providing care to local people living with progressive illnesses which can include pain and symptom management, respite care as well as end of life care. As well as caring for people who are living with their illnesses, they provide support for their families as well, offering bereavement sessions and counselling. Over the year, students in Orlando will be taking part in fundraising events.

What are the Global Goals?

Hessle High School is proud to support the **Global Goals**, a set of worldwide aims that encourage young people to make a positive difference. Focusing on a Global Goal helps students take care of **themselves**, strengthens our **community**, and protects our **planet**. By working together, we can create a safer, healthier, and more helpful future.

A Whole-School Commitment to Goal 3 – Good Health and Wellbeing

This year, the whole school will focus on **Global Goal 3: Good Health and Wellbeing**, which links closely to our values and **respect, kindness and responsibility**. Students will take part in assemblies, tutor activities, and projects to learn how looking after their physical and emotional health helps them thrive, build positive relationships, and make good choices.

Orlando's focus on Global Goal 12 – Responsible Consumption and Production

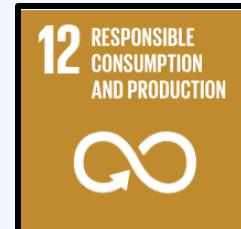
Over the next year, Orlando will be taking on an individual Global Goal too. This Global Goal will allow students to think about their consumption of products and to decide if it is sustainable for the future of the planet. The focus of this Global Goal is to substantially **reduce waste** and produce a **sustainable management of natural resources**. I look forward to seeing the ideas and campaign that our team will produce over the year.

Orlando Shoutouts



Brendan P (701)
Evie C (802)
Sarah A-R (901)
Abbie S-C (1003)
Oliver D (1101)

I hope everyone has a very relaxing Christmas break and I look forward to welcoming you all back in January.



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Portia House Updates

Hello Team Portia!

What a start to the new academic year! Portia students continue to make us all so proud by their continued positivity and determination to be the best version of themselves. Keep it up Portia House!

Emmaus Charity Launch – Hull & East Riding

Homelessness is a big issue affecting hundreds of people both locally and across the UK and the issue has reached critical levels around the country in 2025. 1 in every 200 households are faced with homelessness in the UK. The latest official statistics show around 327,950 households were owed support to prevent or relieve homelessness after contacting their council for help in 2024. That's up to the record high 310,850 recorded in 2023. The total number of children living in temporary accommodation has now reached 169,050.

Emmaus Hull & East Riding provides a range of services which contribute to the Charity's mission of supporting people who experience homelessness and social exclusion.

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Portia's Focus on Global Goal 1 - No Poverty

For the next two academic years supporting Emmaus, we have our individual House Global Goal which will encourage Portia students to support people in our community who are less fortunate. This goal links well to our charity Emmaus and we will be having several donation drives this year, encouraging our families to donate any unwanted items, clothes, bedding, furniture and food for people in need. Students are welcome to come to me with their ideas on how we can incorporate promoting No Poverty within our local and wider community. I meet regularly with the House Captains where we discuss and implement ideas that can really make a difference.

I would like to wish you all a very Merry Christmas and hope you take a well-deserved break to spend with family and loved ones. We look forward to the Spring Term and the exciting new ventures yet to come.

Portia Shoutouts

Top scoring Value Points so far

Spencer S (7P3)

Lois H(8P1)

Ethan T (9P3)

Chloe G (10P1)

Mia S (11P1)



Miss E Foster
Head of House



**1 NO
POVERTY**



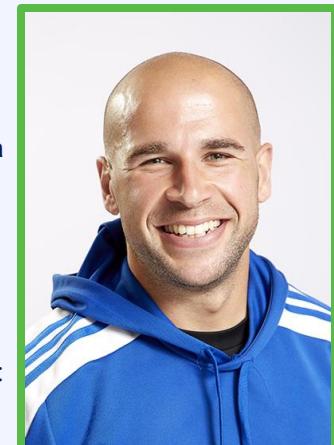
THE GLOBAL GOALS



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Cassio House Updates



Team Cassio,

As we rapidly approach the festive season and the Christmas break, I would like to say a huge well done to all Cassio students. Your hard work, resilience, and positive attitude throughout this half term has been outstanding.

Cassio Charity Launch: Supporting Cardiac Risk in the Young (CRY)

We are proud to launch our Cassio charity initiative in support of **Cardiac Risk in the Young (CRY)** - an organisation dedicated to preventing sudden cardiac deaths in young people. CRY's work highlights the importance of early detection:

- **Around 12 young people in the UK die each week** from previously undiagnosed heart conditions.
- Many of these conditions show **no obvious symptoms**, making early screening one of the most effective ways to protect young people's health.
- **Most cardiac abnormalities can be identified through simple, non-invasive screening**, allowing for early treatment or monitoring.

Our Cassio target is to raise **£7,000**, which will fund **a full heart-screening programme for the entire school**. This is a remarkable opportunity to provide something genuinely life-changing. **Together, we can reach this goal and potentially save lives.**

Mr E Griffiths
Head of House

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Introducing Our Global Goal Focus: Goal 6 – Clean Water and Sanitation

Looking ahead, we are excited to announce that Cassio's next global focus will be **Global Goal 6: Clean Water and Sanitation**. This goal centres on ensuring that everyone around the world has access to safe, clean water and hygienic sanitation facilities. Throughout the next term, we will explore how we as a House can contribute, raise awareness, and support meaningful change linked to this vital global issue.

As we wrap up the term, we wish all our students, families, and staff a peaceful and joyful Christmas break. May the holiday season bring rest and time with loved ones. We look forward to seeing everyone in the new year, ready for another exciting term ahead.

Cassio Shoutouts



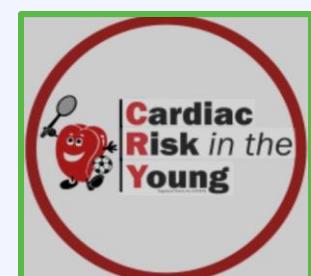
Top House Points

- Poppie R (7C2)
- Obi-Kade M (8C3)
- George H (9C3)
- Wendy L (10C3)
- Alice G (11C1)

3 GOOD HEALTH AND WELL-BEING



6 CLEAN WATER AND SANITATION



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Ariel House Updates

Hello Ariel,

What a fantastic start to the year and a very much anticipated 2026 to come. Ariel are currently top of the leaderboard for house points! Wow! Well done, Ariel.

Ariel Launches New Charity Partnership with YoungMinds

Ariel House is delighted to announce that our chosen charity for the year is **YoungMinds**, an organisation dedicated to supporting young people's mental health. As children and teenagers continue to face a wide range of pressures, we believe it is important that every student feels listened to, supported, and able to talk openly about how they feel. Throughout the year, students in Ariel will take part in fundraising events, awareness activities, and discussions that promote positive emotional wellbeing and remind one another that reaching out for help is a sign of strength.



Miss A Deveney
Head of House

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Ariel's Focus on Global Goal 13 – Climate Action

Ariel House will also champion **Global Goal 13: Climate Action**, connecting care for the planet with care for ourselves and each other. Over the year, Ariel students will raise awareness through eco-campaigns, sustainability challenges, and Student Council projects. Small actions—like reducing waste or making greener choices—can make a real difference to our school and the wider world.

Look out for ways to get involved and help make a positive impact this year!

We are excited for the year ahead and the opportunities for our students to make a difference in our school and beyond. Thank you for supporting **Ariel House** in our charity and Global Goals projects.

Ariel Shoutouts

Students with the top house points so far this half term:

Betsie-Mae H (8A3)
Jack L (7A2)
Jayden B (8A2)
Poppy B (7A1)
Amelia C (7A1)



3 GOOD HEALTH AND WELL-BEING



13 CLIMATE ACTION



YOUNG MINDS

House Points



9590

9310

8070

10840

Extra-Curricular Clubs

Extra Curricular Activities 2025-2026

Club	Year Group	Day of the Week	Location
Separates Biology	Year 11	Friday after School	G07
Dungeons and Dragons	Year 7 - Sixth Form	Friday after School	G16
Production Rehearsals	Year 7 - Sixth Form	Tuesday and Wednesday after School	Main Hall
SEND HW Club	Foundation Learning Group Only	Tuesday , Wednesday & Thursday after School	Library
Choir	Year 7,8, & 11	Monday Lunch	F26
Choir	Year 9 &10	Wednesday Lunch	F26
Coursework Intervention	Year 10 & 11	Tuesday after School	F26
Band Rehearsals	Production Year 7 - Sixth Form	Thursday after School	F25/26

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Sporting Events

Fifty-three Hessle High School students proudly represented at the East Riding Cross Country Championships in Cottingham, showcasing outstanding effort and determination from all competitors. The boys' team delivered an impressive performance, Jack W (8C2), Jack earned the opportunity to represent Hessle High at the upcoming Humberside Cross Country Championships in Scunthorpe. A huge well done to all students who took part and represented the school with pride.



Year 7/8 Girls Utilita Cup Football tournament at Hull University.

The Utilita Girls Cup gives the unique opportunity for girls to represent their local EFL club in this national tournament, culminating in a Grand Final at Wembley Stadium.

Utilita Cup – The Year 7/8 Girls team finished 3rd in their group, narrowly missing out on a place in the semi-finals of the tournament.

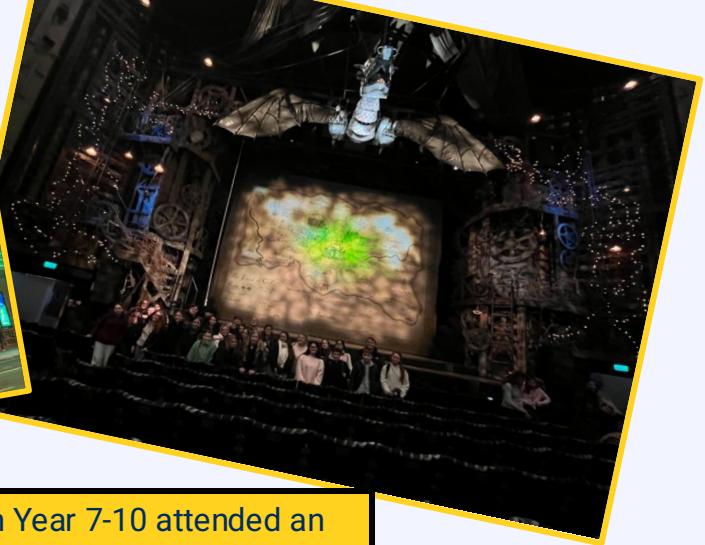
Year 7/8 Girls Football – Tigers Trust

Year 7/8 Girls Tigers Trust Inclusive Tournament – A Hessle squad competed in a 12-school inclusive 5-a-side tournament at the Tigers Trust Arena in Hull. The team performed brilliantly, finishing 3rd, with only the group winners progressing to the overall final.

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Events

A group of students from Year 7 – 11 went to see the West End show "Wicked".



Students from Year 7-10 attended an event at Tigers Trust



Throughout November, staff members got behind the fantastic campaign **Movember** helping raise awareness for men's health by growing mustaches ranging from subtle stubble to a mustache masterpiece.

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Events

The Mayor of Hessle's Christmas Card Competition

Hessle High School Winner

In September 2025, Hessle Town Council leader, The Mayor of Hessle, launched a brand-new Christmas Card competition, with guaranteed winners from each of the local schools.

Through our tutor group programme, students were encouraged to get creative, and we were not disappointed. We had well over 100 artistic entries from students across Hessle High, but there could only be one winner. The Mayor said he had a really difficult time picking just one winner from each school, and I can quite believe it! We had lots of really good ones.

Aya H (7A3) was chosen as the winner and was presented with her winner's certificate and a full set of winners Christmas cards. Aya also received one of the much sought after Love Hessle tote bags, which held a variety of craft projects for Aya to enjoy. Many thanks to all the students that entered and to Hessle Town Council and The Mayor of Hessle, for organizing such a fabulous event, and for the great prizes too.



HOUSE CHARITY DAYS

Tuesday 17 March 2026



Thursday 30 April 2026



Tuesday 12 May 2026



Wednesday 3 June 2026



Here are a few exciting Year 8 trips we offer, we will update throughout the year with further information:

- Dalby Forest river study
- Yorkshire Sculpture Park
- Yorkshire Wildlife Park
- Sporting Events e.g. Football matches
- Hull Museums and Theatres
- Tigers Trust Visit to MKM Stadium

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Information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes.

For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about TIKTOK

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators, TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of *Wired*, *TechRadar*, *Tom's Guide*, *The Evening Standard* and *The New Statesman*.



BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

See full reference list on our website

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The National College®

#WakeUpWednesday®

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Key Dates and Notices

End of Term

19 December – 13:45 Finish

School Reopens

Tuesday 6 January 2026

Year 8 Progress Evening

Thursday 22 January 2026

School closes for Half Term

Friday 13 February 2026

School Reopens

Monday 23 February 2026

If you want to see more of your child online/in our newsletters, please make sure you consent on the Arbor parent portal. To learn more click [here](#).

Please click [here](#) to see all of our term dates



National School Attendance Award

2024/25 Spring Term



Hessle High School and Penshurst Primary School

Top 25% of similar FFT Secondary Schools in England

Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. Please update these via the Arbor Parent Portal.

Please contact us via office@hessleacademy.com if you have any issues with accessing your account.