



## WEEKLY NEWSLETTER

### ABSENCE

A reminder that if students are unwell or have an appointment during this period, please still continue to email details to school via [absence@hgs.herts.sch.uk](mailto:absence@hgs.herts.sch.uk) so that it can be noted. Many thanks.

### YEAR 10

Emails were sent to parents/carers and students yesterday confirming which day students will be in school w/c 29 June. Timings and subject arrangements are slightly different so please check your emails carefully. You will have received one confirming the morning subject and another with the afternoon subject.

### YEAR 11

Emails were sent home this week regarding Sixth Form Transition information and leavers' hoodies.

### DINNER MONEY REFUNDS

For parents/carers of Year 11 students who will not be returning to HGS for Sixth Form, if you would like a refund of their dinner money balance, please email your request to the School Finance Office at [financereports@hgs.herts.sch.uk](mailto:financereports@hgs.herts.sch.uk) by 10 July 2020. Please remember to include your child's name.

### LOCKERS AND BOOK RETURNS

An email was sent this week with further details for emptying lockers in particular school buildings and returning books, where applicable. Please ensure you check your messages for full details.

### SECONDHAND UNIFORM DONATIONS

We are hoping to hold a second hand uniform sale, by appointment, before the end of term. This is primarily for the new Year 7 intake but we will have a small selection of blazers for current Year 9 moving into Year 10 in September. If you have any good quality uniform (especially from Year 11) that you would like to donate, please drop it into main school. There will be a designated container for donations. Please put your name and form with the donation so that we know who it is from.

### HGS SNAPSHOTS

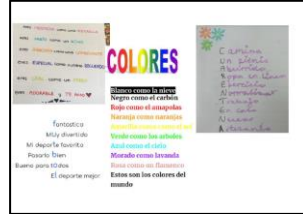
With so much fantastic work going on by students at home, here are a few snapshots of what everyone has been up to. Please follow our social media pages on Facebook (@HitchinGirlsSchool) and Twitter (@HitchinGirls) so that you don't miss out on any!



The English department have been having lots of fun with Year 7 exploring different spells and potions inspired by Macbeth's Three Witches. Here is a snapshot of some of the wonderful work that has been created. Well done Year 7, your teachers are all so proud of you!

Year 8 French classes have been creating artwork inspired by Henri Matisse. We have been so impressed by the level of creativity and artistry! Here are a few examples of their fantastic work!





Mrs Delgado was very pleased by the quality of entries Year 9 Spanish have submitted for the poetry competition. Here is a selection (left).

## KEY WORKER REMINDER

A reminder for key worker parents/carers to email details of your schooling requirements for w/c 29 June – including student name(s), dates and whether AM/PM/both sessions. This really helps us to ensure we have adequate staffing in place. Any issues or queries with this, please email Nicola Nightingale, Admin & Comms Manager ([nicola.nightingale@hgs.herts.sch.uk](mailto:nicola.nightingale@hgs.herts.sch.uk)).

School hours during this period for key workers' children are 9am-3.30pm (no students on site prior to 8.55am). No school uniform but students should be appropriately dressed and equipped for their lessons, including a reading book. They will need their ID badges/lanyards to sign in/out at the main office. Students staying all day should bring a packed lunch.

## MATHS PUZZLE

### Puzzle 1

Andrea, Brian and Chris share a bag of sweets.  
 Andrea takes 1 more than half.  
 Brian takes of what is left. 32  
 Chris takes the remaining 4.  
 How many sweets were there to start with?

### Puzzle 2

“Which of you put the dead mouse in my desk?” demanded the teacher.  
 “I didn’t do it,” said Jane.  
 “It was Amanda,” said Peter.  
 “No, it was Jane,” said Richard.  
 “That’s not true,” said Amanda.  
 Given that just **one** of the children was telling a lie:  
 Who lied?  
 Who did it?

# HOW STUDENTS CAN MAINTAIN MOTIVATION TO WORK AT HOME DURING LOCKDOWN



Aim to complete your school work or homework by a certain time



When you complete a piece of work reward yourself with something (E.g going on your phone or playing on a game console)



Make sure you are taking regular breaks. These are important for maintaining focus and concentration



Engage in some work with a classmate online (someone you are usually in a lesson with)



Identify your strengths and see how you can use them to complete your work



Create a routine and schedule things into your working week



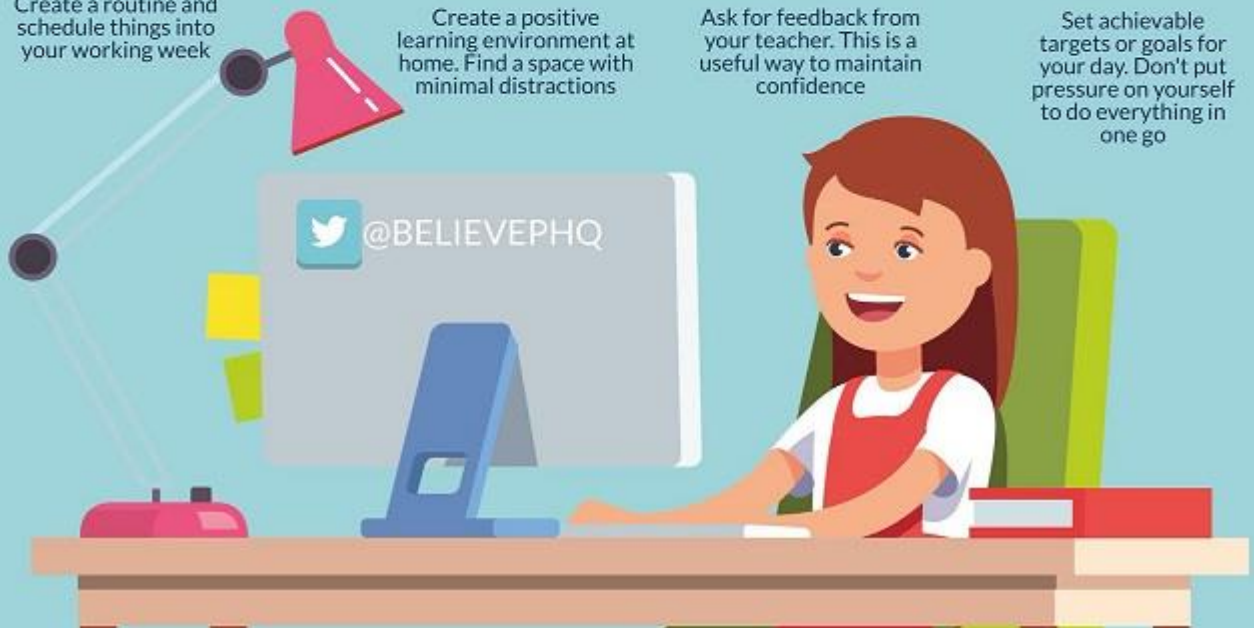
Create a positive learning environment at home. Find a space with minimal distractions



Ask for feedback from your teacher. This is a useful way to maintain confidence



Set achievable targets or goals for your day. Don't put pressure on yourself to do everything in one go



# 10 WAYS TO BE KIND TO YOURSELF DURING LOCKDOWN

 @BELIEVEPHQ



1 Make sure you find time for self care throughout your day and week



2 Find opportunities to engage in some relaxation techniques or deep breathing



3 Before bed each night Identify 3 good things you have achieved each day



4 Find activities which you can do which provide you with a sense of pleasure and achievement



5 Be aware of negative thoughts and emotions. Try to notice them without judgement



6 Be accepting of any mistakes you make



7 Try and focus on things which are in your control



8 Don't put pressure on yourself to get everything done



9 Slow down, take your time and fully engage with activities



10 Recognise your positive qualities and think about how you can use them in work, relationships and with friends and family



# 5 THINGS TO DO WHEN YOU'RE FEELING DOWN



@BELIEVEPHQ



## Talk to someone

Talk to a friend, colleague or family member about how you are feeling. Don't be afraid to express how you are feeling. It is okay to not feel okay.

## Be kind to yourself

Practice some self care. Take time to really look after yourself. Switch off from social media and do something that you enjoy or gives you a sense of achievement or pleasure



## Physical health

Try to maintain a well balanced diet and to stay hydrated throughout the day. Manage your energy levels, get a good nights sleep and try to stay active (exercise)



## Goal setting

With a friend set some small and achievable goals of some pleasurable and engaging activities that you can achieve. Start small



## Ask for help

Don't be afraid to ask for help. Asking for help is not a sign of weakness. Speak to your doctor or get in touch with a local mental health charity for support





## Teens challenging you in lockdown?

Do they have an FFA, CIN, CP or a YOUTH JUSTICE PLAN?

Join our online group and get support in dealing with your teen's behaviour. Starting Tuesday 7th July, 7pm to 9pm for 6 weeks.

For more information, contact Louise on

**01707 247032** or email **LouiseV@familylives.org.uk**

[www.familylives.org.uk](http://www.familylives.org.uk)

 @FamilyLivesHertsandBeds

We build better family lives together



© Family Lives | Reg company number: 3817762 | Reg charity number: 1077722 | Reg'd in England and Wales.. 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ