

Heckler



HECKMONDWIKE
GRAMMAR SCHOOL

Week 2 Published 22/09/2023



This week we have been celebrating the fantastic achievements of the summer term. Students from each year group were invited to breakfast with the Headteacher and congratulated on their hard work and dedication. Well done everyone .



Massive congratulations to our U13 girls football team who won their first Esfa R1 football match against Holmfirth 4v1 this afternoon. Goals coming from Lucy, Eva, Ruby & Eva-May. Particular mention must go to Amelia in her first ever Hecky match Amazing. Super proud girls.

Freshers Fair
Extra-Curricular
CLUBS
LAUNCH ON
4th October

Bewerley Park ... here we come!

Week commencing 25 September will see our Year 7 students visit Bewerley Park, they are very excited and have been asking lots of questions. Mrs Griffin has produced a powerpoint which answers some of their questions and uploaded it to classcharts as a homework activity. Parents are advised to go through the powerpoint with their children. The dates for the trip are Bronte and Clarke students are going to Bewerley park 25 - 27th September and Houldsworth and Priestly students are going 27 - 19th September.



The students will take part in the following activities

- Canoeing
- Raft Building
- Rock Scrambling
- Ghyll Scrambling
- Bushcraft
- Climbing
- Zip Lip

We are sure that the students will have a fabulous time and look forward to hearing all about their trip on their return.

Any year 7 student who wishes to share their story of their time at Bewerley Park please email your article to

adminoffice@heckgrammar.co.uk



YOLS North Yorkshire Outdoor Learning Service

Kit list for a residential outdoor course

Our courses involve a lot of time outdoors, whatever the weather, and there is a likelihood of clothes getting wet and/or muddy. Summer or winter conditions will dictate a different emphasis on the amount to be brought, but hard-wearing, warm clothes are required. The following should be regarded as a minimum for all 5 day courses. You may get away with a bit less if only coming for 2 or 3 days.

CLOTHES FOR ACTIVITIES		✓	
• 3 pairs thick socks & 3 pairs thinner socks (no trainer socks or toe socks)		<input type="checkbox"/>	
• 3 to 4 long sleeved fleece/hoodie/jumper/warm top		<input type="checkbox"/>	
• 3 to 4 trousers (No Jeans), tracksuit bottoms or doubled-up leggings are ideal		<input type="checkbox"/>	
• Fleece /woollen gloves or mitts, warm hat, scarf/buff/snood		<input type="checkbox"/>	
• Swimming costume		<input type="checkbox"/>	
• Waterproof jacket or coat (you will be provided with a full set of water proofs when you get here too but it is nice to have your own if its good)		<input type="checkbox"/>	
• 3 or 4 warm shirts / T-shirts / thermal tops (avoid cotton)		<input type="checkbox"/>	
• 2 pairs of trainers - 1 for normal use + 1 old pair for wet activities		<input type="checkbox"/>	
OTHER ESSENTIALS	✓	USEFUL ITEMS	✓
• Several changes of underwear	<input type="checkbox"/>	• Torch + spare batteries	<input type="checkbox"/>
• Socks (for when not on activities)	<input type="checkbox"/>	• Small daysack	<input type="checkbox"/>
• 2 good-sized towels	<input type="checkbox"/>	• Writing materials	<input type="checkbox"/>
• Personal medication	<input type="checkbox"/>	• Books/playing cards	<input type="checkbox"/>
• Plasters for blisters	<input type="checkbox"/>	• Lypsyl or lip salve (all year)	<input type="checkbox"/>
• Toiletries, etc. *	<input type="checkbox"/>	• 2/3 black bin liners	<input type="checkbox"/>
• Sun block - Factor 30 minimum /sun hat	<input type="checkbox"/>	• Pocket money (£5.00 max)	<input type="checkbox"/>
• Sunglasses	<input type="checkbox"/>	• Cuddly Toy	<input type="checkbox"/>
• Drinks Bottle (1 litre)	<input type="checkbox"/>	• Flip Flops (for the shower)	<input type="checkbox"/>
• Pyjamas or night-clothes	<input type="checkbox"/>		<input type="checkbox"/>
• Casual clothes for evenings	<input type="checkbox"/>		<input type="checkbox"/>

NOTES

All specialist outdoor equipment will be provided by the centre.(eg - wetsuits, waterproofs, helmets,etc)

Students are asked to make sure that their name is on their clothing and personal possessions - this is especially important for medication such as inhalers. Remember you may be in a dormitory with 12 or more people. The centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and centre staff are not allowed to look after them.

About £5 is plenty to bring on a 3-day course, as spending money. It is very useful if students bring small change for the tuck shop and drinks machine.

The course is an opportunity to experience a simpler life and experience time away from the on-line world and the consumer society - please do not bring mobile phones, ipods, ipads, games consoles, MP3 players, etc. - talk to each other, listen to the sound of the wind in the trees, bird calls and mountain streams.

*Please note that aerosol deodorants are not allowed at the centre as they set the smoke alarms off! Please bring a suitable alternative. Or smell.

Brain Hats - Psychology



Year 13 Psychology students have been making and wearing brain hats in their Biopsychology lessons this week. Studying the influence of the brain on behaviour, students explored the famous case study of Phineas Gage who after a tragic accident had a metal rod lodged through his head damaging his frontal lobe (image attached). Miraculously he survived! However his dramatic behaviour change caused psychologists to begin research on the role of the frontal lobe in specific behaviours such as decision making and personality. Biopsychology is one fascinating topic of many that students study during A Level Psychology showing the scientific nature of this academic subject.





MAKING IT INTO MEDICAL SCHOOL

Supporting your child in applying to medical school

**Free event
for parents**



We are delighted to announce our upcoming free webinar for parents on breaking into medical school. We will be joined by one of our expert doctors who will be introducing parents to the world of medicine and how their child can secure a place at a top medical school.

What you can expect from a career in medicine, including a breakdown of the opportunities and roles available

How students can get a head-start, by building the key skills required whilst still at school

A breakdown of the medical school application process and expert advice on how students can stand out

Wednesday 27th September 7.00pm – 8.00pm (UK time)
Free to attend



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Netball News

Grace Marshall of 7C2 has recently undergone trials for Leeds Rhinos Netball and has successfully secured a place on their U13 Leeds Rhinos Netball Programme.

Amazing - Well Done Grace!



National Cipher Challenge 2023 (September 2023 - January 2024)

The National Cipher Challenge

A mathematical mystery with £4,000 in prizes

7th September 2023 - 6th January 2024

WWW.CIPHERCHALLENGE.ORG

The book next to the body should have been the clue that something was wrong, but the police ignored it. Can you break the code and convince them to re-open the mysterious case of **The Body in My Library**

22 YEARS NATIONAL CIPHER CHALLENGE

The Body in My Library - A Mathematical mystery with £4000 in prizes!

Registration is now open & the first challenges go live on 5 October.

The cipher challenge is open to students in all year groups, working alone or as part of a team.

For more details or if you would like to take part, please get in touch with Ms Jarvis via Teams or come along to Maths Club on Friday lunchtimes in S006.



REMINDER

All communication is now being sent via the Classcharts.



All parents should already have their own unique code which enables them to access their ClassCharts account online. Download the free app available from the Apple app store and Google play



BAKE SALE Friday 29 September

Fund raising support for Macmillan Cancer research.

Bring your home bakes to school Friday 29 September – collection point Student Services.

The sale will take place in the Middle and Junior Yards at Break and Lunch.

Alongside the Bakes Sale there will be a raffle to win a cake and a "Guess the Weight of the cake" both donated by our Catering Suppliers Mellor's.

So bring your bakes and your money. Remember the date Friday 29 September



Please note that ALL bakes must have a clear full ingredient list to display for staff and students with allergies

SEPTEMBER

DIARY EVENTS

MON 25 - WED 26
YEAR 7 GROUP 1
BEWERLEY
PARK (B&C)

WED 26 - FRI 29
YEAR 7 GROUP 2
BEWERLEY
PARK (H&P)

THURS 28
YEAR 12
INFORMATION
EVENING
booking open

FRI 29-SUN 1
SILVER DofE
TRIP

FRI 29
MacMillan
Bake Sale
Home bakes welcome
- please list ingredients
clearly

Mon 2 & Tues 3
Oct
Seniors Netball

Thu 5 Oct
YEAR 9
INFORMATION
EVEING
Info coming soon

THU 5 & Fri 6
Oct
Inters Football

Coming up October
GCSE English Information
Evening
Year 12 Parent's Evening
6th Form Open Evening
Fri 27 Oct Teacher Training
Day- school closed

EPQ Success

Yusuf Akudi, Year 13 student, is presenting his EPQ primary research findings at the PCRS Respiratory Conference at the Telford International Conference Centre today, we look forward to hearing from him about his day. A full article will follow

How can primary care be transformed after COVID-19 to support self-management in asthmatics
Yusuf Akudi | ID: 454

Aim
Following the COVID-19 pandemic, this study aimed to assess the current state of primary care (primary care settings in England), as well as to identify challenges and future opportunities for improvement.

Method
An online survey was conducted from January to February 2023, and distributed to healthcare professionals (GPs and practice nurses) through various channels including social media, GP networks and 46 patients from England responsible for surveying.

Results
HCP Survey
75.6% (n=102/134) of clinicians believe that their patients are not currently fully encouraged to self-manage their asthma.
Only 30% (n=12/40) of clinicians actively encourage patients to self-manage their asthma, with 70% (n=28/40) of clinicians reporting that their clinic does not offer personalised asthma action plans (AAPs) in other formats e.g. different languages.
Patient Survey
Over 1/3 patients (22.7%) (n=10/44) reported being a GP asthma review in the last 12 months.
A total of 10 patients (22.7%) (n=10/44) reported using a PAP.
An overwhelming number of patients (82.3%) (n=37/45) supported the idea of an asthma education program.
Only a third of patients reported using their personal asthma action plan.
Over 1/3 respondents recommended an asthma review in the last 12 months.

Conclusion
The findings of the survey demonstrate a lack of confidence amongst clinicians in their patients' ability to self-manage asthma, highlighting the need for additional health education and support for patients, which was supported by patients. The utilisation of PAPs remains low, with over 1/3 patients reporting not using one at all within the last 12 months. Nearly 80% of clinicians reported their clinic having had an asthma review in the last 12 months, indicating that steps must be taken to incorporate personalised care for patients to fulfil their health and medical health objectives. Continued success for such testing was also identified as a challenge, suggesting the need for a more integrated approach to asthma care.

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