

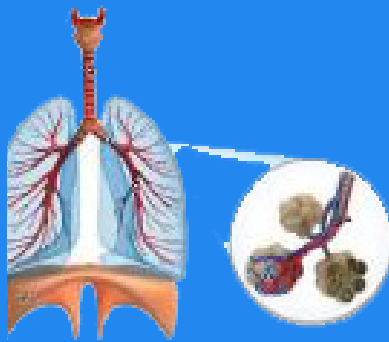
Week 5 Published 13/10/2023

The Importance of EPQ

How can primary care be transformed after COVID-19 to support self-management in asthmatics?

Following the completion of my GCSE's in 2022, I was given the opportunity to apply for a place on the fast-track extended project qualification (EPQ) program. Little was I aware that choosing to complete an EPQ would eventually lead to me being the first-ever school aged presenter at the Primary Care Respiratory Society (PCRS) conference.

My decision to choose the EPQ stemmed from my interest in medicine and research, as well as recognising the various transferable skills that the EPQ would equip me with, which would be useful for my A-levels and future career, such as independent research and critical thinking.

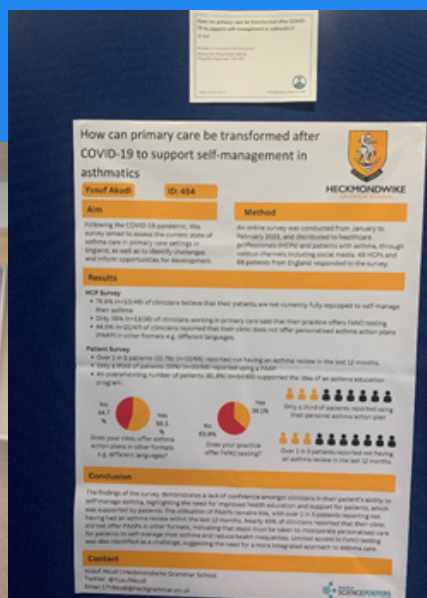


The overall goal of my EPQ was to provide insight into how primary care can be transformed to best support asthmatic patients, identify key challenges and opportunities for improvement, and to inform the development of new approaches to asthma care to improve patient outcomes. For my primary research, I

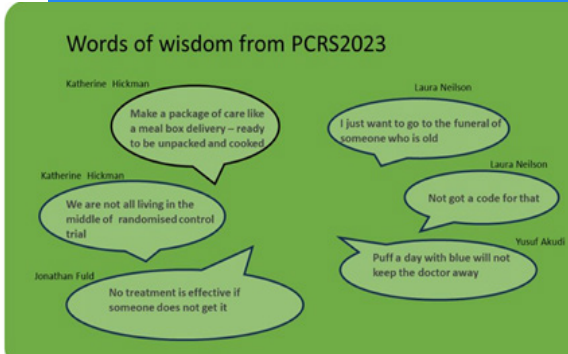
conducted a survey which received over 100 responses from clinicians and asthmatic patients across England, which allowed me to gather valuable data and opinions. It was also shared by multiple clinicians who project as well as the Yorkshire Clinical Network. This also to develop connections with



had helped me with my and Humber Respiratory gave me the opportunity healthcare professionals and organisations across the UK, who then recommended I present my findings at a respiratory conference.



With a 6 AM start and 3 trains later with Mrs Whitelaw, I had the privilege of presenting the survey findings on Friday 22nd September 2023 to the PCRS respiratory conference in Telford. Standing before an audience of healthcare professionals, researchers and patients, I was grateful that my presentation was met with genuine interest. The support I received from the moment we walked through the doors was remarkable, including being recognised immediately as 'the school student presenter'.



Completing an EPQ has been a very rewarding experience, as it has equipped me with a variety of skills e.g. developing in confidence, that will also be useful in the future. I would recommend

completing an EPQ to all students, especially due to its unique nature that it can be done on whatever you want, and in some cases can also lead to reduced university entry requirements. Special thanks to the school, clinicians and conference organisers who helped me with achieving this, especially Mrs Whitelaw!

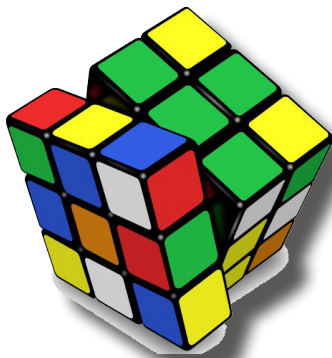
How can primary care be transformed after COVID-19 to support self-management in asthmatics?

Primary Care Respiratory Society Conference
Friday 22nd September 2023
Abstract ID: 454

Yusuf Akudi



Speedcubing Success



The Rubik's Cube was invented in 1974 and spawned the competitive sport of speedcubing, initially with the original 3x3 and then more recently with several other sizes of cubes and other puzzles.



4x4, 5x5, and 3x3 one-handed.

Franklyn Bensley, seen here in the photo, has previously taken part in three competitions, competing in 2x2, 3x3, He took part in his fourth competition at the weekend and competed in 6x6 and 7x7 for the first time. In the main event, 3x3, he improved on his previous best time, with a new best time of 7.23 seconds. His ranking has now gone up from 33rd to 9th in the UK.

Franklyn recently started Speedcubing Club every Thursday 12:30-13:05 in S.O.18. There are over 50 members, some of whom have never solved a cube and are being helped by Franklyn to learn, some of whom can already solve a cube and are looking to improve their speed. Hopefully some of the members will be able to take part in future competitions.

REMINDER

Thursday 26 October students will be dismissed at 2.15pm

Inset Day Friday 27 October school closed to students

COMPETITION TIME



Anyone who is interested, just needs to email Mrs Stone,

ahstone@heckgrammar.co.uk

with the 4 names of their team members (they can be mixed teams of French/Spanish learners).

The competition will take place during lunchtimes and outside of lessons.

CALLING ALL

Year 9 pupils!

GCHQ

- one of the three UK intelligence agencies - is hosting an online

National Language Competition

06/11/2023 - 10/11/2023

In teams of up to four students you will compete against others nationwide for the NLC 2023 trophy - awarded to the winning team at the GCHQ headquarters in Cheltenham!

Your task will be to solve the NLC's language-based puzzles to score as many points as you can over the week.

No prior knowledge or language skills are required. Just have your quick-thinking, code-cracking, puzzle-solving skills at the ready!

If you want to get involved, assemble your team and get in touch with the Language Department.

Have YOU got what it takes?



#GCHQNationalLanguageCompetition

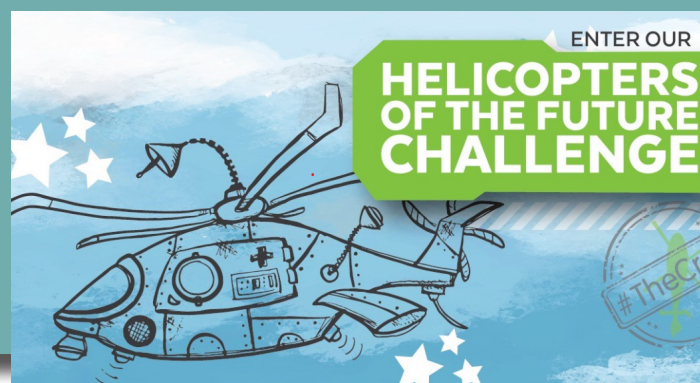


In 2023, Children's Air Ambulance celebrates the 10th anniversary of our first ever patient transfer.

Much has changed within our pioneering service in those 10 years, and we're inviting children and young people to let their imaginations fly and tell us what they think helicopters will look like in the next 10 years. What special features will they have, what will they do, will they

be fuelled by rubbish or piloted by remote control? Tell us in words, pictures or both and send it to us.

The competition leaflet can be downloaded from the link <https://bit.ly/3RHwWae> or we can post some hard copies to you. There's an awesome prize up for grabs for the winning entry so don't delay, share with your students today!



HGS Does Jazz

Last Saturday, once again the HGS Soul Band returned to perform at the Marsden Jazz Festival. The festival was founded in 1992 and is one of the longest established jazz festivals in the UK. It showcases a wide range of jazz musicians from internationally acclaimed artists to local school bands and rising talent, and Heckmondwike Grammar School have been taking part for well over 20 years. It's also great to see the festival has recovered back to former glories after the pandemic, with over 70 different groups and artists performing over the weekend.



said goodbye to our bass player, 2 trumpets and all 4 of our singers as they went off to University. However, the new batch are ready to come through, with a new bassist in Krish Patel and 2 new singers in Blossom Palmer and Caitlin Tolan. It was great to hear Blossom take the lead vocals in 'Dancing in the Street' and Caitlin with 'Don't Know Why'. Both provided excellent vocals and it shows the band is in safe hands as we move forward.



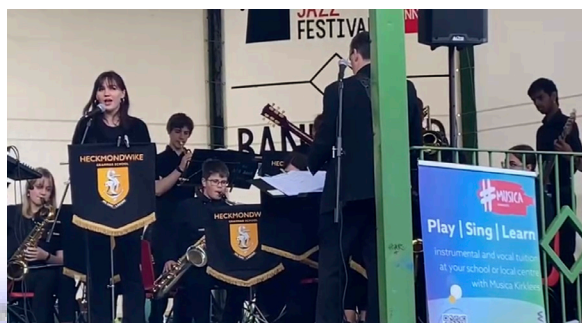
The HGS Soul Band started the Saturday performance sessions at the park bandstand, the first of 10 bands to perform there that day. Whilst the weather was definitely better than certain years in the past, the Indian Summer forecast wasn't quite correct with a bit of a chilly breeze blowing through the bandstand. The band started off with a stomping performance of Gimme Some Lovin', including fine solos by Emma Dye and Isaac Tilley - who didn't miss a note despite his music blowing away in the so called 'gentle' breeze! No music? No problem! It definitely provided the best improv and Isaac did fantastically!



The bands played for about an hour and showcased a mixture of classic soul items and more modern tracks. From My Girl and I say a little Prayer, to Uptown Funk and Shallow, the band provided an excellent set as the morning crowds gathered to listen. The band finished the set with Knock On Wood with another fantastic vocal performance from Blossom. We then passed onto other local bands, with a number of our students waiting around to play again with the Musica Kirklees music centre bands later that day.

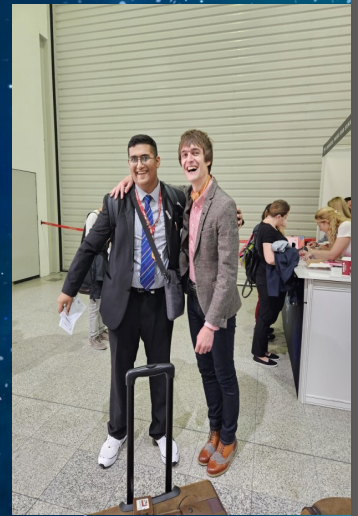
It's always a challenge to get the band ready within a few weeks after the start of term, but they did themselves and the school proud once again. And their reward? A whole new set of music to learn in the next rehearsal!

As always, the band has had a number of changes to the personnel since last year as we





On the 7th of October, Mr Drake and myself went to the New Scientist Live event at the ExCeL London to present the Astro Pi research which was completed by myself, Karthik Vemula, Ismael Patel, Christopher Drake, Anjum Ali and Jamie Allinson. We built the stand and I presented the research to the general public on the 7th and 8th October and to local schools on the 9th October. We also had many celebrities arrive at my stall, such as Timothy Gregory, who is an alumnus of the school, who was taught by the same physics teachers as me, and is a world-famous cosmochemist and a meteoriticist. He currently works at Sellafield and congratulated me on my research and has inspired me further to



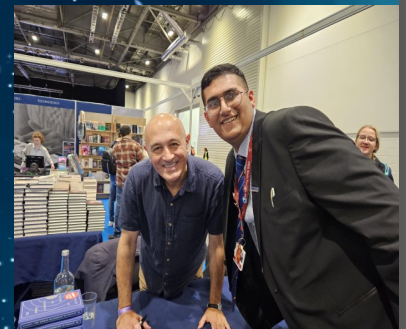
Me and Timothy Gregory



Me and Head of New Scientist Live

pursue my passion of Aerospace Engineering. It was amazing to listen to his journey, and for him to congratulate me, was mind-blowing. We also had Senior Staff Member of the UK Space Agency come to the stand, who worked on the Astro Pi. I also met Jim

Al-Khalili, who gave me words of inspiration to continue on my current path. When I was about 10, I visited the Bradford Science Media Museum to see Operation Ouch and I got the Doctor's autographs. Dr Chris Van Tulleken asked me whether I wanted to pursue the path of science and I said no, as I was scared of science, I thought it



Me and Jim Al-Khalili

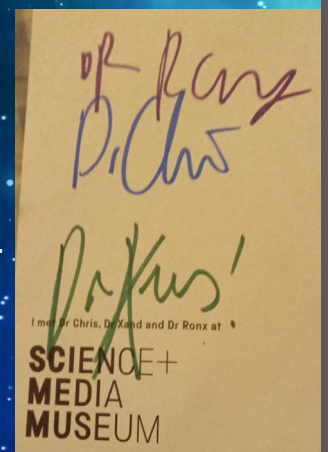


Me and Dr Chris Van Tulleken

was one big thing and he stopped the queue and took me by the hand to the space craft exhibit and he told me not to be scared of science as it is the little things we do in science that makes it a big thing. He was doing a signing at the New Scientist Live and I went to thank him and he remembered me after all that time and he

started to cry a little and gave me multiple hugs. I would like to thank the Design Technology, Physics, Computer Science and Mathematics departments for their help in making my stand and especially Mr Drake for making this trip happen and my family for supporting me through this amazing experience.

By Daniyal Shaikh



The original autographs



Me and Timothy Gregory



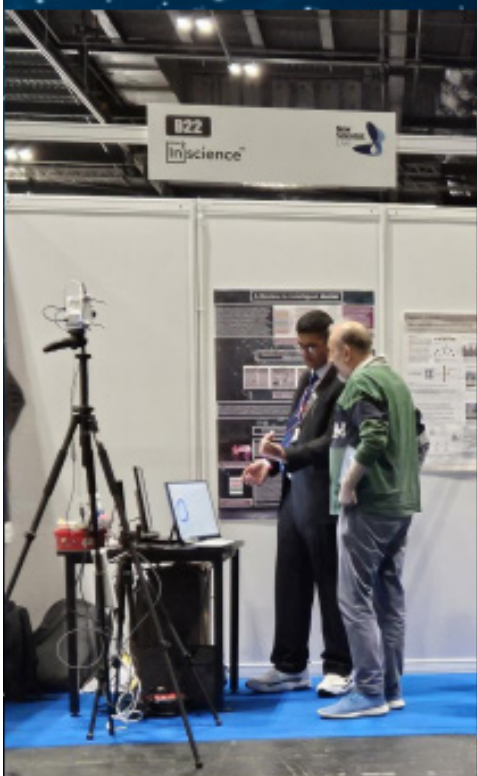
Me and Timothy Gregory discussing the research



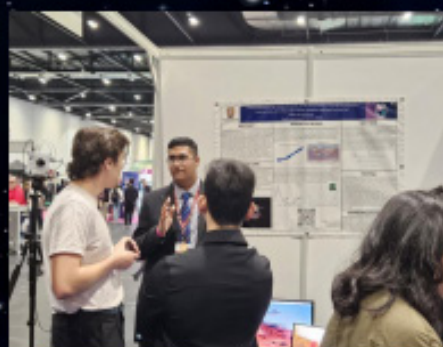
Me and Timothy Gregory



Me and Timothy Gregory with HGS badges



The stand at the New-Scientist Live event



OCTOBER

Diary Events

19

Year 12 Parents' Evening
booking open

26

Early Closure
students
dismissed at
2.15

26

Sixth Form
OPEN EVEING
6pm-9pm

27

Staff Training
Day
School closed to
students

30 Oct -
3 Nov

Half -Term
Break

6 Nov
School
Reopens

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GETTY IMAGES



REMINDER

Year 11 Prom Deposit due by
20 October via Parentpay



We are sure you have seen the news regarding some of the KAL (Kirklees Active Leisure) leisure sites, there is a great risk of closure for many sites including Batley and Dewsbury. The council are running a consultation currently to see how these changes would affect the community. We have agreed, at HGS, to spread the word of the consultation to get as many views as possible.

We know KAL employs lots of people from HGS, some at the affected sites, and also provide services to many students, staff and their families. Students have asked that the consultation be shared in the Heckler and bulletin to encourage as many views as possible.

Here is the link: <https://www.kirklees.gov.uk/beta/food-exercise-and-sport/leisure-centre-review-consultation.aspx>

We believe that this would be a good way to spread the consultation and try to aggregate as many views, to hopefully challenge the decision of some of the closures.

THANK YOU