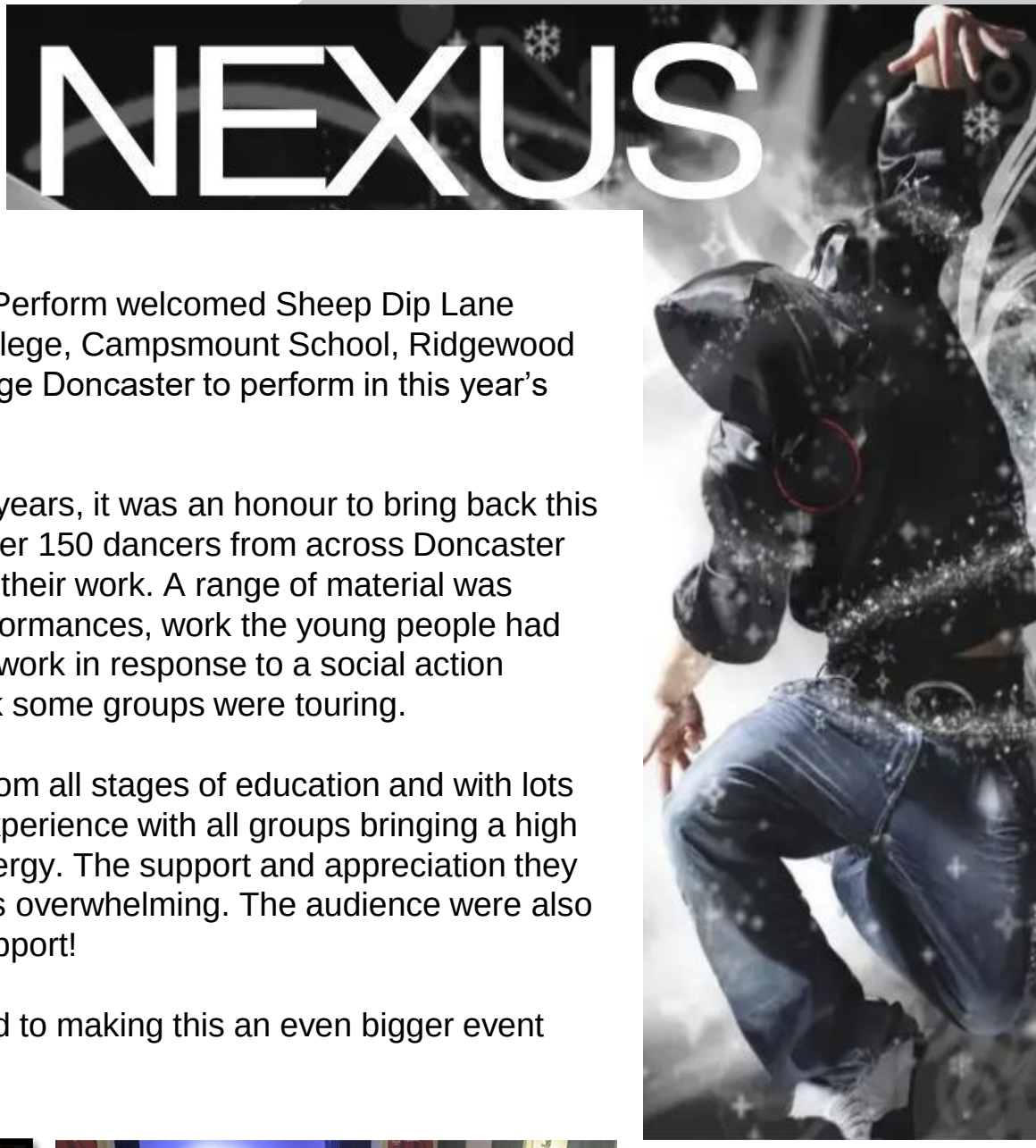
# STUDENT COUNCIL

## HT3 Newsletter

2024

ICA – Perform
Hall Cross Academy




On 31st January, ICA-Perform welcomed Sheep Dip Lane Academy, Horizon College, Campsmount School, Ridgewood School and New College Doncaster to perform in this year's Nexus Dance Festival.

After a break of a few years, it was an honour to bring back this event and welcome over 150 dancers from across Doncaster and Barnsley to share their work. A range of material was shown from exam performances, work the young people had created out of school, work in response to a social action project as well as work some groups were touring.

There were dancers from all stages of education and with lots of different levels of experience with all groups bringing a high level of quality and energy. The support and appreciation they had for each other was overwhelming. The audience were also spectacular in their support!

We are looking forward to making this an even bigger event next year!

Sheep Dip Lane Academy

HD HORIZON DANCE

RIDGEWOOD SCHOOL

newcollege Doncaster

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We may well be into the New Year, but ICA-Perform staff and students were putting on events up to the 'bitter' end and missed the print deadline for last term's newsletter. It would be remiss not to celebrate the work and amazing effort of so many. Over 100 hundred students took part in this year's Winter Showcase with over 23 different acts including two short festive plays from Delante Detras Juniors.

As always, the leadership and ownership that our students take over the work is impressive. Several dance pieces had been choreographed by the students themselves and several of the musical numbers had been completely student led. A shout out to Emma P for organising and MD'ing the Upper Vocal group, but she was only one of so many who made it a special evening.

The audience were treated to a festive and eclectic mix of performance work, skilfully hosted by Charlotte B and Charlotte M, collectively but un-imaginatively known as 'The Charlottes!

As always you did yourselves proud!

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ICA – Perform
Hall Cross Academy

# Christmas Soiree

ICA-Perform held their annual Christmas Soiree in the library at Upper School. As always, it was a lovely informal and festive musical event with mince pies and mulled way to help truly get into the festive spirit.

The talent and musicianship on display was some of the best we have seen, and it gets better every year. From the opening bagpipes, through soloists, vocal group, brass group, lower school guitar and more, it was a truly wonderful evening of talent.

Be sure to catch it next year – you really are missing a treat!

Don’t forget to check ICA-Perform socials and website for details of upcoming events.
https://hallcrossacademy.co.uk/about-us/ica-perform/
@ICA_Perform (Twitter and Instagram)

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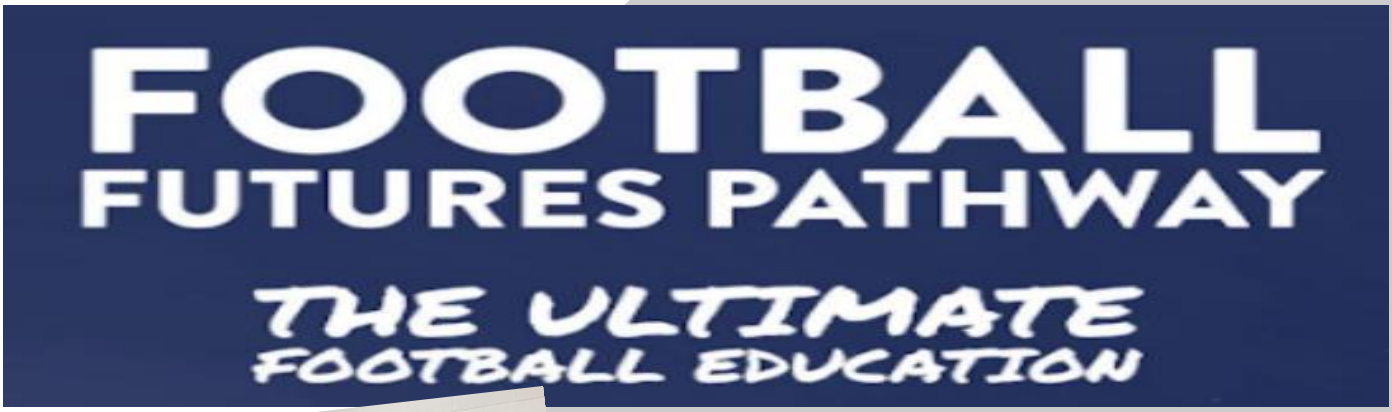
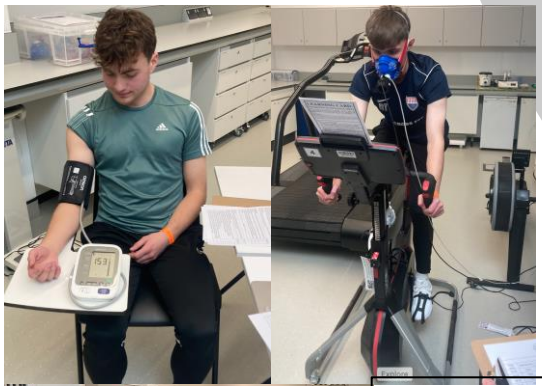


Our Championship side continue to fly high in the AoC Championship league. They are unbeaten this season and sit top of the league.

Our Regional side are also top of the league and playing some excellent football. They beat Minsthorpe college 4-3 this week in a top of the table title clash.



Students enjoyed an experience day at Leeds Beckett University looking at potential university courses and career choices.

This month also saw us finalise our Barcelona Football and Netball tour scheduled for July. International football here we come!

# STUDENT COUNCIL

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# HOCKEY

**U18 Boys**

The U18 boys side won the Yorkshire & North East Cup without conceding a goal and progress to the National Finals later in the season

**U16 Boys**

Similarly, the U16 boys progressed through to the National Finals in their respective competition after defeating the other North East schools.

**U18 Mixed**

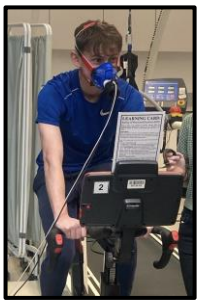
Currently top of the Yorkshire Mixed League and through to the quarter finals of the National Cup competition. A hugely successful first season for the team

# STUDENT COUNCIL

## HT3 Newsletter 2024

This half term may have been a little shorter but this has not stopped all the fantastic career activities happening across school.

Mrs Chadwick, our Travel and Tourism teacher gave her students the brilliant experience of visiting Flyme.



Nick Limber took his Year 12 sports students to Leeds Beckett University – students had a great day exploring their sports science degree.

Also happening this term we had Mike Bell return to speak with students regarding a career in nursing and providing real life experiences.
Year 10 work experience is moving forward as students begin to finalise their placements
The health ambassadors for the Foundation School in Health are completing some great work towards a number of projects such as raising awareness around vaping.

**National Apprenticeship Week:**

Find out more about Apprenticeships

- Apprenticeship and T-Level assembly – Year 11
- NHS Apprenticeship assembly – Year 8
- Introduction to Apprenticeships – Year 7
- Degree apprenticeship presentation, Manchester Metropolitan University, Year 12 & 13.
- South Yorkshire Police Careers Presentation, Year 10, 11, 12 & 13.
- NHS Apprenticeship Discovery – Virtual Event. Year 12 & 13
- Biomedical Scientist Careers presentation, Year 11 & 12.
- Alumni presentation, Izzy Morley sharing her career journey via the apprenticeship route.

NI APPRENTICESHIP WEEK 5-9 FEBRUARY 2024

# STUDENT COUNCIL

## H73 Newsletter

Another term comes even more brilliant sport results. Both the U18 Mixed and Boys have been crowned the champions of Yorkshire, the mixed team finishing on top of the AoC Sport Yorkshire Mixed Hockey League and the boys team winning the Yorkshire Cip. From this, the mixed team going through to the quarter-finals of the National Cup and the boys team not conceding a single goal in all 5 games. Well done to the U15 hockey team for taking a well deserved win against Hill House, 4-1 with player of the match being Will C for displaying amazing goal keeping skills.

The UCAS equal consideration deadline was this past term. Congratulations to everyone who sent off an application and to everyone who has received offers so far. Remember now is the hard part!

Regent's Park College

Trinity Hall College

Gonville and Caius College

Recently, 3 Year 13s received offers to study at Oxford and Cambridge; Harvey Barton, Samantha Wells, and Caitlyn Young. Who each got respectively an offer for Law at Regent's Park College (Oxford), Economics at Trinity Hall College (Cambridge) and Classics at Gonville and Caius College (Cambridge). Oxford and Cambridge are extremely competitive and selective Universities, so congratulations to all!

# STUDENT COUNCIL

## HT3 Newsletter 2024

## Sexual Assault + Sexual Violence Week

**Instagram ; @ithappensherencl**

UK HELPLINES :

0808 500 2222
^ rape and sexual asssault

0800 1111
^ childline

1 in 6 males will experience an unwanted or abusive sexual experience in their lifetime, Mankind UK 2021 found that 1 in 7 men had been coerced into sex, and 1 in 10 experienced rape.

It's important to remember that victims are not only women. Men, disabled people, and those included in the LGBTQ are all vulnerable to sexual exploitation and abuse.

Through different forms, respect can be perceived differently.

# HALL CROSS ACADEMY

## HT3 Newsletter 2024

## Breaking barriers: Promoting inclusivity in school for all abilities

Summer Benson

Have you ever wondered what it's like to live with excruciating symptoms and constant appointments on a day-to-day basis, and what impact that can have on education? According to the government, over 1.5 million secondary school students in England have Special Educational Needs. 21% of disabled young people in the UK have reported some kind of mental health issue; this is most likely due to the toll their disability takes on their everyday life.

What kind of effect would having a disability have on the daily life of a student? Well, somebody who has a disability typically has to have a lot of hospital appointments; this will decrease their attendance quite drastically. Also, as I said earlier, the symptoms of some disabilities can be really debilitating; this will decrease an individual's ability to go to school. What can be so debilitating about having a disability? Some of the most common symptoms of physical disabilities are muscle weakness, muscle pain and spasms, mobility issues and stiff joints, to name just a few. This can cause problems with getting to school, because a person with a physical disability may not be able to walk very far without it causing them a lot of pain, but also with moving around within school, because stairs may affect their symptoms and lifts aren't always readily available.

How about neurological disabilities? A person with a neurological disability, such as ADHD, will commonly suffer with symptoms such as a lack of concentration/motivation. Their teachers may not understand that this is because of their disability, and that it can't be helped, and they may be called lazy or stupid, or even punished in some cases. A person with a different kind of neurological disability, such as FND (Functional Neurological Disorder) or epilepsy, may suffer from symptoms like seizures or temporary paralysis, massively reducing their ability to go to school. A lot of the time, neurological disabilities aren't visible at all, and because people with these kinds of disabilities don't 'look disabled', they won't necessarily get the accommodations they need to be able to work effectively in school, or staff may not understand, so they might just think they're 'faking it'.

How can we help people with disabilities in the wider school community? This may just seem like common sense to most people, but here's what to do if you know someone with a disability in school:

- *Try your best to help them if they're struggling in a subject you know you're good at, because they may have poor attendance which means that they'll miss a lot of content (reducing their grades) and their teachers may not always be available to help.*
- *Ask them what they may need from you- having a sense of control over what help they get and don't get may make somebody with a disability feel more confident, but this also ensures that you're not giving them help that they don't necessarily need.*
- *If you see them struggling, help them; if you can't do so, get the nearest member of staff*
- *Remind them that their symptoms, and the consequences of them, are not their fault. They can't do anything about their disability so they should never be left feeling at fault for it.*
- *Be there if they ever need someone to talk to; as I mentioned earlier, having a disability can take a massive mental toll on the individual due to the consequences of their symptoms.*

I have Spina Bifida and Hydrocephalus myself, so I have first-hand experience of living with a disability. Spina Bifida is where a baby's spinal cord doesn't develop properly in the womb; this leaves a gap in the spine. Hydrocephalus is where there is too much CSF (cerebrospinal fluid) on the brain, which can be fatal if left untreated. Because of my Spina Bifida, I have issues with mobility and balance and because of that, I can't walk or stand still for longer than around 10 minutes, without experiencing a great deal of pain. Because of my Hydrocephalus, I have a tube in my head called a shunt, which constantly drains the fluid from my brain. I have to have the shunt replaced every 10-15 years, which requires two quite invasive brain surgeries (one where I have to have a bolt in my skull for two days, to monitor the pressure in my brain, to make sure the shunt actually needs replacing, then one to actually replace the shunt). This has taken a massive toll on my education because, at my previous school, I spent a lot of time in hospital which massively affected my grades. Because of this, one of my Biology teachers had no belief in me whatsoever and tried to put me on foundation Biology because he didn't believe I was capable of doing well on higher; despite his beliefs, I achieved a grade 7 in the GCSE and I'm now working at a C in the A-level. This just shows that having a disability doesn't determine what you can and can't do.

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Social Mobility is linked to equality of opportunity, ensuring that people have the same chances to do well in life regardless of factors such as: socio-economic background of their parents, gender, race, sexual orientation etc. The Social Mobility Foundation is a charity that supports high-achieving young people from low-income families see their way from 16 up to graduation and into employment. The SMF offer mentoring, internships with top employers as well as university application support for students. The application to join the programme opens September of 2024. You can find out more about SMF and their work on their website

As well as this, the SMF also offer volunteering as well as becoming a mentor which is a great way to show your community.

Friday 9th February marks the last day of term and also a non-school uniform day in support of Open Minds Counselling Service. Open Minds is a wonderful service that is funded by donations to serve the local community, particularly young adults and children. Open Minds Counselling Service has a mission to prevent exclusion of therapeutic services and we at Hall Cross are helping them on their mission by donating school wide this Friday. You can learn more about Open Minds Counselling Service and how to access their services on their website as well as reading their history:

Open Minds Counselling Website.

# Hall Cross Personal Development

# HT3 Newsletter

2024

**Sometimes it can feel like we have so much to do! Lessons, extracurricular, catching up work, spend time with friends and of course…Homework! Don't let yourself become overwhelmed; here are some top tips to help when you're feeling stressed.**

## Top tips to deal with stress

**Split up big tasks**
If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.

**Allow yourself some positivity**
Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.

**Challenge unhelpful thoughts**
The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.
Reframing unhelpful thoughts video

**Be more active**
Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.
Home workout videos

**Talk to someone**
Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

**Plan ahead**
Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

**Remember that you have the Hall Cross community! If you're struggling, please see one of the following people:**

- **A friend**
- **A trusted teacher**
- **Your Head of Year**

**Keepmesafe@hallcrossacademy.co.uk**

## Top things you can do to help

**Express concern and say you can help**
Letting someone know you're worried is a good way to open up a conversation – it shows you care about the person, have time for them and that they do not have to avoid things with you.

**Reassure them**
The first time someone mentions their worries is a big step. It's good to recognise this and reassure them. Let them know you're there to listen when they need to talk.

**Offer your time to listen**
Listening is an important skill. Ask open questions that start with "how", "what", "where" or "when". This can help people open up.
Listening tips from Samaritans

**Act as you usually do together**
Do what you usually do – behaving differently can make someone feel more isolated. Do not be afraid to offer kind words and a space to talk, whether by phone, messaging or in person.

**Be patient**
You will not always know the full story. There may be reasons why they have found it difficult to ask for help. Just being there can be helpful for someone who may want to open up later.

**If they do not want support**
Gently explore their reasons for not wanting to get support. If they are unsure whether to get help, just talking and listening without judgement could help work out what's getting in the way.

**Do not force it**
Do not force someone to talk to you or get help, and do not go to a doctor on their behalf. This may lead to them feeling uncomfortable, with less power and less able to speak for themselves.

**Look after yourself**
It can be upsetting to hear someone you care about in distress. Be kind to yourself and take some time to relax or do something you enjoy.
Remember Every Mind Matters

**Offer practical help**
Little acts of kindness – like offering to do the shopping or to go to professional appointments with them – can help. Find out what works for them.

# Hall Cross Career Activities

# HT3 Newsletter

2024

It has been another exciting half term for careers with plenty of activities taking place:

In November York University came into school and presented to both Year 7 and Year 8 regarding university.
They hosted a brilliant and informative session as well as making it interactive for our students.

Mike Bell from the NHS came in and delivered a fantastic workshop to our sixth form students on a career in nursing. Sharing his experiences and providing a true insight into this profession.

Hull University came into school and presented to our Year 13 and their parents regarding the university application process and student finance. This was a great opportunity to hear information and advice as well as receiving some great resources to take away.

Other activities that have taken place are:
Teesside University - Advice and Guidance Bus
Sixth Form Open Evening - (NHS, Hull University, Lincoln University and Sheffield University were all in attendance).
Alumni medicine presentation - Abbie Moorcroft, Med student at the University of Cambridge
Visit to DRI - The Foundation School in Health will see our students create artwork for the hospital.
Alumni Law workshop - Laura Hipwell
Medicine Presentation - DRI Doctor for year 11 and 12.
Year 11 Careers Day