



HLA News

Friday 13th May 2022



Dear Families,

This week's newsletter seems to have a bit of a musical theme!

We are pleased to welcome Rachael Stalker to our team. She will be delivering music therapy to students who have been referred by class teachers. I have already heard some great work coming from the music room – she will be an asset to our school.

Here at HLA we also want to be able to offer musical instrument tuition to extend our students repertoire. Students had started this but unfortunately the teacher left Cambridgeshire Music. We have been informed by them that they have secured a teacher to begin lessons again in September. Claire our Music Coordinator is looking at provision and spaces and if we are able to offer additional slots we will be in touch closer to the time. We are also excited to hopefully organise a lunch time music band club led by the teacher. Who knows in time HLA might even have their own rock band?! Exciting times!

We are also excited to be planning a summer show that we are organising as part of our Artsmark journey. We will be performing on the big stage at LECA and we are looking forward to inviting parents and carers to come and watch. There will be a journey through the decades with lots of music and dance. This is planned for Wednesday 13th July so please make sure you save the date. More information will be shared soon.

This week Owls class have been exploring our new music box resources. There has been lots of good listening and responses to music through movement. I was able to join in with one session this week and the students loved the interactive element of moving to music.

It was also great to see some Clubbercise moves being tried out in the classroom. S1 were having great fun using the glow sticks to demonstrate some moves this week.

We are hoping that the forecast is correct and the weather will get a lot warmer over the next week or so. Don't forget to send your child into school with a named hat, sun cream and a water bottle to ensure they can enjoy the outdoors while staying protected.

With all best wishes,

Yvonne Skillern

Head of School





Important Information



- Can I remind everyone that we are nut free school? If students bring products in containing nuts it will be necessary to confiscate them for the health and safety of all our learners.
- Don't forget to ensure your child has a named hat, sun cream and water bottle in school with them.
- We are actively recruiting parent governors. If you have an analytical mind and want to support and challenge our school please contact either Yvonne or Simon.
- In order for us to provide extracurricular experiences such as visiting the shop, participating in food technology and DT **we ask that parents and carers make a termly donation of £5.** This can be made via Parent Pay. Unfortunately we have not received many donations recently and we wouldn't want this to impact upon our provision here at school.
- We are a cashless school so all charitable donations or payments need to be made via Parent Pay. Please ensure you are registered and are able to access the system. If you have any difficulties please contact the office who will be happy to assist.





Online Safety Tip of the Week:

LONELINESS ONLINE:

What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10-12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

- Seeing photos or videos of friends having fun without me
- Being excluded from group chats or games with friends
- Friends or family not replying to texts or answering my calls
- People being unkind to me online
- When friends leave my group chat

WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- Tell a friend or a trusted adult that you feel lonely
- Watch funny videos of cats and pandas
- Watch yoga videos and do some exercises
- Play single-player games you enjoy
- Listen to happy music
- Listen to your favourite audiobooks
- Send nice messages to your friends and family
- Play games with friends who you trust, if they're online too

TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- Paint or draw pictures
- Play with a pet
- Write about your feelings
- Hang out with your family
- Get outdoors & enjoy nature

FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111

NOS National Online Safety®
#WakeUpWednesday