

Welcome to our final newsletter of the fifth Half Term! We've had a busy two weeks leading up to Half Term, and it's strange to think we're over 80% of the way through Year 7!

We had an excellent PSHEE Day last week, thinking about friendships, including setting healthy boundaries and dealing with conflict, interactions online, and respectful relationships incorporating discussions around consent. Please do look over your daughter's workbook from this day and chat through some of the elements with her.

As we head towards warmer weather, students should continue to bring their blazers to school until/unless they hear otherwise but they are welcome to leave jumpers at home.

The students have worked really hard and should now enjoy a well earned rest! On behalf of the whole Year 7 Team, may I wish all of our students and their families a lovely Half Term break.

-Miss Stanley and Team7



Most Golden Tickets...

w/b 10th May

Niamh M	7RD1	5GT
Chloe W	7RD1	3GT
Tabitha Z	7RD1	3GT

w/b 17th May

Skye B	7RD2	2GT
Kayleigh-Ann	7RD3	2GT



Tutor Reads – The boy at the back of the class - 7PK1

A wonderful story! Full of adventure, action and laughs! I've never read a book quite like it! When an empty seat at the back of the class is filled by a mysterious boy called Ahmet, rumours start to be passed. But it turns out the boy wasn't mysterious or silly at all; he was a refugee, whose family has been ripped apart by a war in Syria. But the borders are being shut and nobody can get it – not even Ahmet's parents, and with time running out, some of the other children come up with a plan....

By Shaista J



This Week in History: 25th May 1977 - The movie *Star Wars* debuts.

After a turbulent production, *Star Wars* was released in a limited number of theatres in the United States on May 25, 1977, and quickly became a blockbuster hit, leading to it being expanded to a much wider release. The film opened to critical acclaim, most notably for its ground-breaking visual effects. It grossed a total of \$775 million, surpassing *Jaws* (1975) to become the highest grossing film of all time until the release of *ET* (1982). When adjusted for inflation, *Star Wars* is the second-highest grossing film in North America (behind *Gone with the Wind*) and the fourth-highest grossing film in the world. It received ten Oscar nominations (including Best Picture), winning seven.

Year 7 Exams

Our Yr 7 exams begin immediately after half term. You will have received the Information Booklet this week, and students will bring home their timetables today. Both of these are available on the school website (www.chsg.org.uk) by going to the Learning tab followed by Examinations.

Students will take their exams in the hall or gym which serves to normalise the experience of this as they head towards GCSE examinations. They will follow their normal lesson timetable when not taking exams. Please do encourage your daughter not to worry – these are just one of the ways we assess our students, and we simply encourage them to do their best.



Golden Tickets Leaderboard Summer 1

Chloe W	7RD1	8GT
Niamh M	7RD1	8GT
Emily W	7HL2	7GT
Naomi B	7RD1	5GT
Yuliana G	7PK1	5GT
Eloise S	7RD2	5GT
Olivia R	7RW1	5GT
Imogen L	7HL2	5GT
Flordy V	7RD1	5GT

Beyond the Gates

The following information is passed to us by external agencies, and we pass it onto you should it be relevant, either now or in the future, for your family.

**FREE, SAFE AND
ANONYMOUS
SUPPORT FOR YOUR
MENTAL WELLBEING.**

kooth

Sign up for free at Kooth.com

Supporting Parents Helpfinder

This site asks parents questions about their child's wellbeing and guides them to suitable help tips and support <https://youngminds.org.uk/supporting-parents-helpfinder/>

Child/Adolescent Wellbeing Service

We highlighted a video by the **Child/Adolescent Wellbeing Service** under the umbrella of Sutton CAMHS entitled 'Parenting Teens in Times of Uncertainty' in the last newsletter.

They have made several more videos available which we hope might support you in these days and weeks.

Parenting teens in times of uncertainty:

<https://www.youtube.com/watch?v=HcW-3Dnh9sI>

This video is for parents and carers of teenagers recorded from a live workshop. It will look at the following the topics: supporting your teenager with sleep, how to enable teens to hear what we're saying, recognising anxiety and low mood in teens & how to respond to heightened teen emotions.

Supporting your teenager with anxiety:

<https://www.youtube.com/watch?v=X5ZTggCEG98&t=286s>

This video is aimed at the parents or carers of teenagers and provides some ideas as to how you can support them if they are experiencing worry or anxiety.