



# HENLEY BANK HIGH SCHOOL

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Friday 8<sup>th</sup> November 2019

Dear Parents and Carers,

I feel I can't write my first letter without briefly mentioning the disappointment that was the World Cup Final. After playing such a strong tournament, the aggressive, well-drilled yet simple style of rugby that the Springboks hit us with from the first whistle was too much to contend. I think the beauty of that game and possibly the tournament was the performance of Faff de Klerk, the South African scrum. His tenacity, courage and work ethic from the outset was a demonstration that it really isn't "the size of the dog in the fight, but the size of the fight in the dog" that determines personal and team victory. Well done South Africa, the best team won.

On the topic of preparation for personal and team victory, The Mill was packed out on Wednesday evening with parents, carers and students for the second Year 11 Parents Evening. This session, led by my Assistant Head, Mr Dakin, was used to demonstrate the legends and bust the myths surrounding effective revision strategies. Watching parents, carers and students work together to practice revision techniques was a fantastic sight to experience and we have received a number of emails and phone calls in support of the impact that the event has had. In short, effective revision consists of short bursts of information recall that challenges the working memory to commit knowledge and skills for retrieval. Parents, carers and students alike created their own flash cards and were given the opportunity to access Hegarty Maths, Educake and Seneca, the brilliant web-based platforms that have been adopted to support their revision. We also distributed, to each student, a folder packed full of revision tools and equipment and the revision guides and workbooks for each of the subjects that are studied. Many students have commented that they now have the bank of information and the methods for revising that has given their efforts so much more efficiency. Thank you to Mr Barker for ensuring the folders and revision guides were prepared for the event, that the coffee was flowing and the biscuits included an increased ratio of Jammy Dodgers!

We had the pleasure of welcoming Mr Gareth Burton, Headteacher of Bournside School, to Henley Bank High School this week. It was the first time that I have met Mr Burton and it was a really enjoyable couple of hours spent sharing ideas and experiences that I have no doubt will add value to the journeys that both of our schools are on. Mr Burton was extremely complimentary about our students and it was lovely to hear such positive appraisals of Henley Bank High School students that he has met at various open events that they hold for their 6<sup>th</sup> form. I'm really looking forward to sharing more ideas on away turf at some point later this half term. Here's wishing his Year 11 students and the Bournside community the very best for a successful year.

You are no doubt aware of my thoughts surrounding mobile phones and all things social media. That said, this week to further develop our 'mental strength' agenda I met with Claire Libby, founder of an innovative app called *i am me*. *i am me* is a not-for-profit initiative that helps young people to cope with the pressures of growing up in today's fast-paced world and is driven from an authentic passion to educate, enable and empower children and young adults to make an almighty shift in the statistics surrounding mental health in young people today. The mobile app is available to download at [iammeapp.com](http://iammeapp.com), the App Store or Google Play. Search *iamme* with your children for a journey through the extremely powerful mental strength tool. We look forward to working with them more closely in the future.

Our talented Netball players took to the court this week against Barnwood Park and despite two losses in for the year 7 and 9 teams, Mrs Cuke's match reports describe very close battles in both contests and excellent teamwork from our players. Players of the match were awarded to Sapphire and Mia of Year 7 and Sophie of Year 9. Well done team!

It was a delicious Fun Friday today as the quad area packed with students and staff drinking hot chocolate. Covered in squirry cream and topped with marshmallows it seemed the perfect way to welcome in the colder temperatures that autumn has started to bring us.

Have a great weekend.

Kind regards,

Mr B. Nash