

# HMS Newsletter

Term: Summer 1

## Message from Head Teacher



Dear Parents,

This term has been a busy one! We've managed to fit in several shorter class trips, and the lovely weather has meant we could enjoy lots of outdoor learning. Our Duke of Edinburgh students had a wonderful camping trip, developing essential skills and teamwork, while our KS4 pupils have been representing the school brilliantly in local football leagues.

It's with a heavy heart that I also mention the passing of a dear colleague and our primary headteacher, **Jemma Kerr**. She was a much-loved member of our school, inspiring both staff and students alike. She will be deeply missed.

On a more positive note, I'm delighted to share that we've received our [Ofsted](#) report, and we've been rated as 'Good' in all areas! You can find the full report on the school website.

Looking ahead, we have some exciting events planned for the next half-term. Please save the dates:

• **Sports Day**: Friday, 27th June

• **Summer Market Day/Green Festival**: Monday, 3rd July

Your support at these events is invaluable to our students. Seeing you all there really boosts their confidence and makes these events extra special. I hope to see you there! I look forward to seeing you at our upcoming events!

Best Wishes,  
Grace

# Events at HMS this term



## D of E Camping Trip



This term, some of the pupils completed their DofE trip as part of their Bronze/Silver Award.



## Sensory stone workshop



As part of Mental Health Week, our school organised a creative workshop during lunchtimes, inviting students to express themselves through art. Each participant had the opportunity to paint a stone with their choice of colour, pattern, or an image representing what brings them happiness. The imaginative designs produced by our talented students are truly inspiring. These unique stones will soon become a part of our sensory garden, contributing to the sensory trail for all to enjoy.



## Food Bank Donations



This term's initiative for pupil voice was to donate to the Food bank. Below are some photos of the pupils weighing the food and donating it. The total weight of the donation that was received by Hillingdon Foodbank was 39.7kg.



## Out in the community trips



The Out in the Community learning this half term has been a great success, promoting independence among students through a variety of engaging activities. From exploring local supermarkets and cafes to guided trips to Uxbridge, students have enhanced their independent living skills in a practical and enjoyable way.

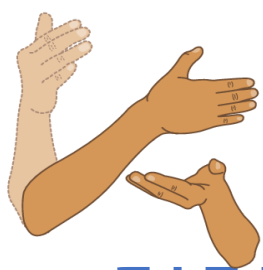


These trips not only teach valuable life skills but also emphasise the importance of road safety. Students learn how to use different types of crossings and recognise safe conditions for navigating busy streets. Additionally, many students have focused on enhancing their ability to use public transportation, which has become a crucial aspect of their overall learning experience.



We're excited to see how Out in the Community continues to benefit our students and support their growth over the next half term.





# Continuing on ...



## Dates for the Diary

### June 2025



- Monday 2<sup>nd</sup> – Return to school
- Tuesday 3<sup>rd</sup> – Parent Workshop on 'School Values' led by Claire Stapleton
- Thursday 5<sup>th</sup> – School Closed
- Friday 6<sup>th</sup> – Eid Al-Adha
- Friday 6<sup>th</sup> – D Day
- Friday 13<sup>th</sup> – Father's Day
- 23<sup>rd</sup> – 27<sup>th</sup> – Sports Focus Week
- Tuesday 24<sup>th</sup> – Parent Workshop on 'Private Time' led by Kate Reynolds.
- Friday 27<sup>th</sup> – Sports day
- 30<sup>th</sup> June – 4<sup>th</sup> July – Cultural diversity focus week

### July 2025

- Thursday 3<sup>rd</sup> – Summer market day
- 7<sup>th</sup> – 10<sup>th</sup> – KS5 France trip
- Tuesday 15<sup>th</sup> – Class transition day
- Wednesday 16<sup>th</sup> – Graduation
- Thursday 17<sup>th</sup> – Meet the teacher coffee morning
- Thursday 17<sup>th</sup> – End of term – finish at 1PM

## Self care and Mental health strategies



### Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

## Tips to help cope with exam stress

1. Plan your revision

2. Practice mindfulness

3. Take time away from revising

4. Stay active

5. Eat well and stay hydrated

6. Get plenty of sleep

7. Reach out for support

8. Practice self-compassion

9. Keep things in perspective

10. Try to have fun