

# HSW News

## From the Head's Study...

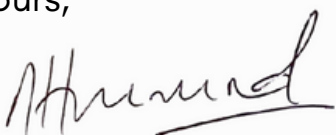
Dear everyone,

Next week is Children's Mental Health Week, and we shall be recognising this at HSW, led by our brilliant Mental Health and Wellbeing Lead, Ms Prestifilippo. Our students will be completing an 'Express Yourself Challenge.'

As we know, wellbeing, or wellness, is susceptible to many influences - the environment we're in, our relationships, health, where we live, our habits and routines, finances, the wider economy, the weather. The list goes on. Some of these factors are beyond our control; things happen, don't they. But there are some elements to our mental health and wellbeing that we can indeed control, or at least be aware of and seek to improve. The habits and routines we choose to adopt, and the challenges we choose to take on, can help us to preserve our wellbeing, because in taking control we find self-reliance, self-sufficiency and self-discipline. It is a cruel irony that the times when we feel least motivated to engage in healthy routines and habits are often those exact times when we need them most to lift our spirits. The morning when we can't be bothered to do our daily exercise, is the morning when we need it most!

I am a big believer in reaching out to others, chatting, unloading, sharing and listening when our personal wellbeing is low, but equally I think there are benefits to taking some ownership of our own wellbeing and doing something about it. It is all too easy, and perfectly understandable, to feel a sense of victimhood, and yet the boost we feel when we take ownership can be just the lift we need to rediscover our confident, settled selves.

Yours,



**Andrew Hammond**  
Head

## Important Dates

**W/c Mon 5th Feb -**  
Children's Mental Health  
Awareness Week  
(Scroll down to see more!)

**Tues 6th Feb -**  
Sixth Form Open Morning  
9-11am

**Tues 6th Feb -**  
Year 5/6 Chocolate  
Workshop

**Wed 7th Feb -**  
Yr 5 Transition Day in Yr 6

**Thurs 8th Feb -**  
Chinese New Year Lunch

**Fri 9th-Sat 10th Feb -**  
DofE Bronze Practice

**Mon 12th-Fri 16th -**  
Half Term

**For next week's sports  
fixtures, scroll down!**





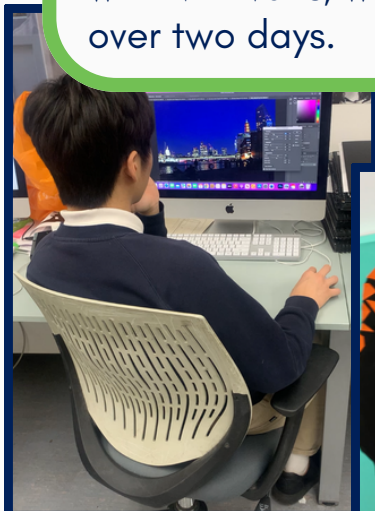
# This week at HSW...



KS2 have been enjoying their new outdoor equipment this week, playing solo and team games of skittles, table tennis and giant Jenga!



Yr 11 art and photography students began their GCSE mocks this week with Mr Evans, working very hard over two days.





# This week at HSW...

On Wednesday morning, Ms Widmer gave an exciting and energetic assembly to our KS2 students about the violin. The students were able to learn about the instrument as well as have a go at playing. The students who already play the violin loved helping out their peers!



Year 10 have been enjoying their tag rugby lessons with Mr Dockery and Mr Mackintosh, especially when the sun is shining on HSW!





# This week at HSW...



GCSE PE students are half way through their climbing course. They have been building confidence and learning new skills - Ms Ofori is very proud!



Year 3/4 visited Kingston as part of their study on the Anglo Saxons. They were very excited to try on some beautiful costumes as they surprised the staff with the amount of knowledge they already had on the topic!

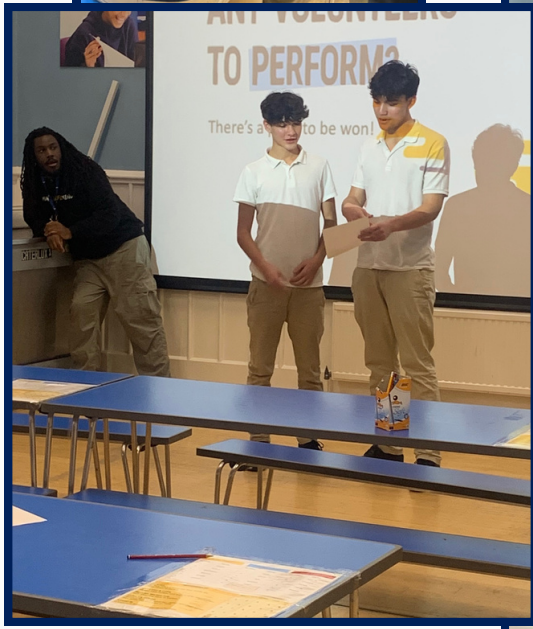




# This week at HSW...



With Mental Health Week just around the corner, we invited Shocka, Rapper & Mental Health Activist, and the Make Life Kind team to Hall School Wimbledon to tackle the stigmas around mental health and encourage students to look after their wellbeing! Shocka showed the students his new documentary, 'Me, My Music & My Mental Health', as well as educating on self love, music and getting the students involved in creating a rap at the end.





# Please note...

## Allergens at HSW

**HSW is a nut free site.** Please ensure that any snacks being brought in by students are 100% nut free in line with our school policy. We also ask that snacks do not contain sesame or seafood to protect those students with allergies.

## Children's Mental Health Awareness Week

As you will know, here at HSW, we are big believers in Health and Self Worth so we have a week of exciting activities to mark Children's Mental Health Awareness Week. Ms Prestifilippo has put together an amazing itinerary:

**Mon 5th Feb** - *Personal Safety & Self-Defence with Defence Lab (Yr 7-12 girls)*

During this session, participants will acquire crucial safety skills and street safety awareness, empowering them to become more independent.

**Wed 7th Feb** - *Mental Health Q&A with a Premier League Football Player (Yr 7-9)*

Part of a global mental health initiative to connect professional football players from all over the world virtually with the next generation, aiming to empower, inspire, educate and create lasting impact, with mental health action.

**Wed 7th Feb** - *Me & Money Workshop with Mental Health UK (Yr 10-12)*

An engaging and empowering workshop and toolkit, exploring greater understanding of attitudes around money and how that can influence thoughts, emotions and behaviours.

**Fri 9th Feb** - *Express Yourself Challenge & Mufti Day (Whole School)*

Along with hundreds of schools across the UK, HSW will be participating in Place2be's fundraiser 'Express Yourself'. We are encouraging every student to undertake a 30-minute challenge, to raise funds for Place2be, a charity dedicated to enhancing the mental health of children and young people. We kindly request your support in sponsoring your child with a contribution of £2 to help them complete the challenge successfully.

## Social Media

Students in our online posts are based on the permissions you gave us - if you would like to edit these, please email Mrs Blee on [vrx@hsw.co.uk](mailto:vrx@hsw.co.uk) to let her know your preferences.

Instagram: [hsw.school](https://www.instagram.com/hsw.school)

X (Twitter): [@hsw\\_school](https://twitter.com/hsw_school)

LinkedIn: [Hall School Wimbledon](https://www.linkedin.com/company/hsw-school)



# Sports @ HSW...

The planned sports fixtures for next week are as follows:

## Monday 5th:

Football  
Boys U13  
Away @ Lingfield College  
Leaving HSW at 12pm  
1.30pm start  
Returning at 4pm

## Wednesday 7th:

Rugby  
Boys U12  
Away @ Box Hill School  
Leaving HSW at 1.20pm  
2.30pm start  
Returning at 4pm



**MULTI-ACTIVITY SPORTS CAMP**  
Running at HSW during Feb half term

<b>What</b>	Daily sports camp for girls and boys in Years 3-8
<b>Where</b>	Hall School, sports hall and playground, rain or shine!
<b>When</b>	Mon 12th Feb - Fri 16th Feb
<b>Timings</b>	8.30am-3.00pm

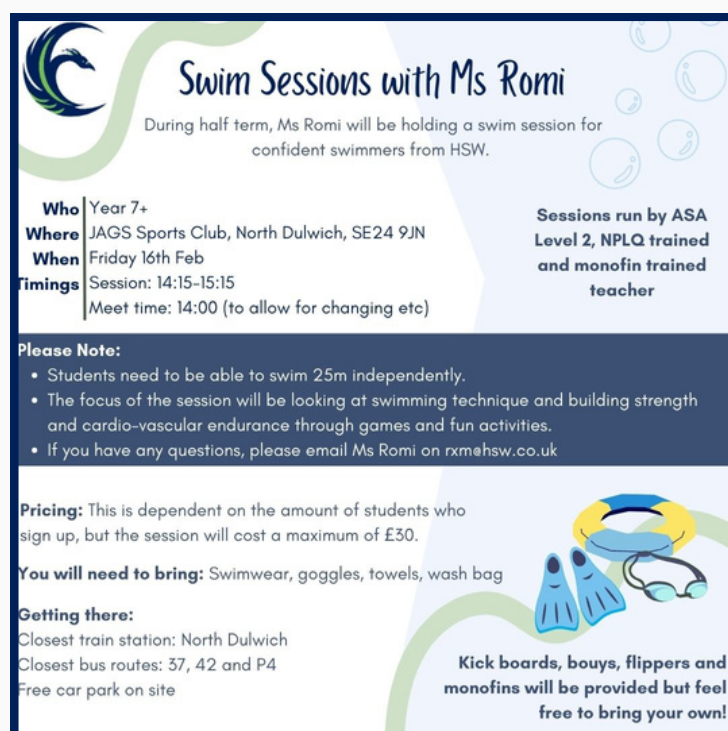
**Further Information**  
All children will have the opportunity to participate in a number of sporting activities each day with a variety of sessions being offered across the week including: football, cricket, basketball, dodgeball and many more games.

**Pricing**  
£60 per day  
£275 for the whole week

Friends and family from other schools are more than welcome to join the fun!

For further information and to register interest, please contact Mr Mackintosh on danmaccfc818@hotmail.co.uk or 07931 178 878

Mr Mackintosh will be running a sports camp at half term. Please see above for information and booking details.



**Swim Sessions with Ms Romi**  
During half term, Ms Romi will be holding a swim session for confident swimmers from HSW.

<b>Who</b>	Year 7+
<b>Where</b>	JAGS Sports Club, North Dulwich, SE24 9JN
<b>When</b>	Friday 16th Feb
<b>Timings</b>	Session: 14:15-15:15 Meet time: 14:00 (to allow for changing etc)

**Sessions run by ASA Level 2, NPLQ trained and monofin trained teacher**

**Please Note:**

- Students need to be able to swim 25m independently.
- The focus of the session will be looking at swimming technique and building strength and cardio-vascular endurance through games and fun activities.
- If you have any questions, please email Ms Romi on rxmehsw.co.uk

**Pricing:** This is dependent on the amount of students who sign up, but the session will cost a maximum of £30.

**You will need to bring:** Swimwear, goggles, towels, wash bag

**Getting there:**  
Closest train station: North Dulwich  
Closest bus routes: 37, 42 and P4  
Free car park on site

Kick boards, bouys, flippers and monofins will be provided but feel free to bring your own!

Ms Romi will be running a swimming session in half term. Please see above for information and booking details.

All sports fixtures can be found at <https://sport.hsw.co.uk/>  
If your child mentions they are in a sports fixture during the week, please have a look at the website for further details on the team sheet.  
If your child usually takes the school bus, please arrange a pick up or different mode of transport to get home for fixtures that return after 4pm.  
If you have any questions regarding sports fixtures, please email Ms Ofori on rxo@hsw.co.uk