



HEADLANDS HEADLINES

Message from Mrs Stamford

Last night we held our Year 7 'Settling in Evening'. This was a really positive evening and it was lovely to see so many families at the event. Year 7 has over 200 students attending daily, so the fact that so many children are enjoying their first weeks at Headlands School and have settled in really well and are thriving, is absolutely fantastic.

Yesterday we held our annual 'Restart a Heart' workshop. The workshop aims to make our students confident in CPR. When someone has a cardiac arrest, CPR keeps oxygen moving to their vital organs, especially the brain, until professional help arrives and the heart can beat on its own again. These skills are essential in contributing to saving lives.

This week Miss Dearing has arranged a book fair. All students have had the opportunity to attend the book

fair and it has been brilliant to see a real buzz around books and reading for pleasure! As an English teacher myself, I love nothing more than curling up with a good book and immersing myself into an alternate world which transports me to a plethora of gripping plots and riveting characters. Reading is like a workout for your brain. It activates multiple areas responsible for language, comprehension, memory, and imagination as well as improving overall cognitive function.

Next week continues to be busy as we head to the end of term. We have Year 7 road safety talks on Monday, a CU Scarborough University visit for Year 11 on Tuesday, and more Year 10 and 12 Field trips for Geography.

After half term, the Performing Arts team are presenting "The Hallowfield Paradox" This is the third installment in the Halloween trilogy series written by our very own Mr Ben Wilson. The performance is on Wednesday 5, Thursday 6 and Friday 7 November at 7:00pm. Tickets are available via Scopay priced at £4 for adults and £2 for children. The performance may not be suitable for under 12s.

A reminder that we break up for half term on Thursday 23 October. Mainstream students return to school on Monday 3 November. ARC students will have a review day on Monday 3 November and will return on Tuesday 4 November.

Mrs Stamford
Head of School

Future Chef

On Wednesday 8 October, Charlotte White, Maelys Price and Alice Sargeson took part in the first heat of the Future Chef competition in school.

Alice made Jollof rice, Charlotte made dairy free Hunters chicken with smashed potatoes, grated carrot and French beans and Maelys made Greek chicken roulade with fondant potatoes, herbed pea puree and blistered tomatoes. Everyone made some very professional looking dishes which tasted fantastic, well done Maelys, Charlotte and Alice.

Maelys and Charlotte are going through to the next stage of the Future Chef competition at Bridlington or Hull College.





HEADLANDS HEADLINES

Mrs Bone's Newsflash

As we draw towards the end of a very busy 8 week half-term, I have reflected with the students this week on how to keep themselves and indeed their families healthy by sharing with them the dangers of vaping. When I was a teenager and went home and spoke with my Grandad about him smoking (literally overnight managed to stop him), I have encouraged students to talk about this topic at home.

I have shared with them the following:

- * The addictive properties of nicotine
- * How nicotine impacts negatively on a young person's brain development, essentially stunting

its ability to create synaptic pathways

- * How nicotine negatively impacts on a person's mood, impulse control and sleeping patterns
- * The effect of nicotine on a person's lungs
- * The effect of nicotine on a person's dental care, increasing the risk of tooth decay
- * The effect of nicotine on a person's heart and circulatory system, including the increased risk of heart attack

Not particularly a "cheery topic" for assembly - but a really important one. Keeping young people away from vaping, and

encouraging those around them to make healthy lifestyle choices, is so important to ensure a long healthy life.

Talk to your child(ren) about this week's assembly and thank you in advance for your positive role in ensuring this growing "trend" is stopped in its tracks and optimistically reversed for the future health of today's young people.

No Headlands Headlines next week as we are not in school on Friday - thank you again for all your support this half-term.

Best wishes,
Mrs S Bone
Executive Headteacher



HOW DOES VAPING AFFECT THE HEART?

Studies have linked e-cigarettes with an increased risk of cardiovascular disease

- INCREASED HEART RATE & BLOOD PRESSURE
- IRREGULAR HEARTBEAT
- VASCULAR PROBLEMS
- POSSIBLE INCREASED RISK OF BLOOD CLOTS
- INCREASED RISK OF HEART ATTACK

NEARLY 2X MORE LIKELY
to have a heart attack than non-smokers

Polite Reminder

Please can we remind parents/carers that we are only permitted to share information and/or pass on messages for students from those who are listed on the system as having parental responsibility.

Many thanks for your continued support.