

Head Student Team Newsletter



Autumn Term 2020



School Council

Hello everyone, it's Esmé and one of my roles this year is to attend School Council meetings, making sure that all opinions are voiced. I will be working closely with Mrs. Gleave and the rest of the Head Student Team to ensure that the meetings are safe and effective for all students. As well as Student Council meetings, I will attend Leadership Meetings to keep the Leadership Team updated with our discussions in the Student Council meetings. This year, I am also going to make sure that myself and the rest of the Head Student Team hold the best events possible in this tricky and uncertain time that we are facing. Thank you very much and enjoy the run up to Christmas! - Esmé

Environment

There are plenty of ways that we can help our school's environment prosper, even in these strange times. One of these which will be implemented soon is new bins in classrooms for paper. These will be green and it is super important that only paper goes in these bins and any other normal waste goes into the other bins. This is just one step into making our school eco-friendlier. Some other ideas we, as a Head Student Team and school, have come up with concerning the environment is making sure lights are turned off in a classroom if they are not needed or if they are not in use and the continued use of the Eco-Committee. If you have any ideas for future environmental projects or are extremely passionate about helping us as a school become greener, why not apply for a role on the Eco-Committee? If you are interested in applying, please create a small letter informing the Head Student Team know why you would be a good candidate and any ideas you could bring to the table and then email it to us using the Head Student email found on this newsletter. That's all from me! - Autumn-Dawn



Mental Health

Hello everyone, I hope you are all well and had a nice Half Term. It definitely felt weird being back at school last term after having so much time off and with all the new rules, but I am sure we will get used to them in plenty of time.

My main role as Vice Principal Student this year is to promote student wellbeing and as part of this we were going to provide a service called 'Chloe's Clinic' where students who were upset or needed help could come and talk to me, but as we all know this year hasn't gone as planned so far and due to the new bubble system this was not able to happen. However, we now have a Head Student email address which can be used to contact me directly or another member of the Head Student Team if you need help or someone to talk to. Each week, we will check our emails and respond as quickly as possible but please be aware that as we are trying to prepare for our Mocks, we may not reply straight away!

Stay safe everyone, and just remember... it's not long till the countdown to Christmas begins! - Chloe

Kindness and Wellbeing

Hello! Mia here,
I represent the Head Student Team by being a Kindness Ambassador for all year groups. My role includes talking with pupils and teachers alike about queries or ideas students have that can help improve the Academy for all of us. Because of my role, I am going to be writing about a few helpful tips on how you can look after your wellbeing as we approach a time where Mocks are beginning for upper years. These of course can be used by pupils in younger years but are a great way to not feel as overwhelmed in or out of school. - Mia



Head Student Team Email Address:

Y11StudentLeadershipTeam@walton-ac.org.uk

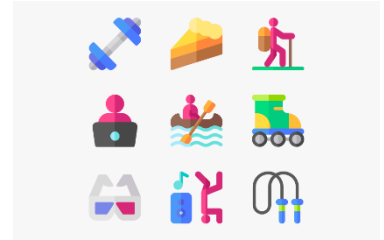
Mental Wellbeing Top Tips!!!

Tip



1

My first tip would be to make time for yourself. Of course, revision is important and so is completing homework but so is feeling like you have a balance between your work and your free time. By participating in hobbies you enjoy, you tend to feel less stressed and that you aren't ever feeling dragged down by your studies. My hobbies include painting, gaming and going on walks but yours can be whatever you fancy.



Tip



2

Another good way of looking after your mental health or even maintaining a good routine is to get a good night's sleep. As boring as it sounds, sleep can really affect everything from your mood throughout the day, to how focused you are in lessons. Having lots of late nights can seem fun for a while, but eventually will start to make you feel awful! The recommended amount you should sleep is 8-9 hours per night, so stop watching Netflix and go to bed!



Tip



3

A final piece of advice to stay motivated and enthusiastic is to keep in contact with family and friends. At the end of the day, these are the people that push you to do your best and make you feel appreciated. Because of lockdown, this is not the most responsible to meet up with people but simply messaging or calling a friend to talk about each other's day can really lift someone's spirits.

