

Newsletter 24. 04. 23

HERON HALL ACADEMY



Year 11

A group of 26 Year 11 students traveled to Surrey to participate in an exciting PGL revision weekend, designed to help keep them motivated and engaged. A unique combination of team-building activities including adventures through and teacher-led study for maths and science made for an educational and unforgettable experience.



Eco-Committee 22/23

Heron Hall makes a conscious effort to consider environmental sustainability and promotes youth-led environmental education and action. As such, we are proud to be registered as an Eco School and aspirer to continue our green-flag status by building on the excellent work carried out last year by both staff and students in the Eco-committee.

Our 3 project areas this year are;

1. Global citizenship
2. Health (physical and mental wellbeing)
3. Transport

Student applications to join the eco-committee are now open to all and can be collected from form tutors. Serving as a member of the eco-committee for an eco-school is also an impressive talking point for college statements and interviews. Applications must be submitted by Friday 28th April.



Top Tips for Exam Success

Tip #2: Take regular breaks for your wellbeing

While you may think it's best to study for as many hours as possible, this can actually be counterproductive. If you were training for a marathon, you wouldn't try and run 24 hours a day. Likewise, studies have shown that for long-term retention of knowledge, taking regular breaks really helps.

Try a 15 minute break every hour. During your break, try;

- Having a conversation with a family member or friend.
- Going for a short walk.
- Listening to some music.
- Mini meditation.