



Weekly Update

CORE VALUE:
ENDURANCE

CALENDAR 2025

JANUARY

- 29th Mini Police
- 31st Year 7 Team Maths Challenge

FEBRUARY

- 2nd Y8 Production Sunday Rehearsal
- 5th Mini Police
- 6th Y8 HPV Vaccination
- 7th Y8 Shrek Production Dress/Tech Rehearsal
- 11th Y8 Shrek Dress Rehearsal/1st Schools performance
- 12th Mini Police
- 12th Shrek Performances

TERM 2 ISSUE 3

24TH JANUARY 2025

Thank you to all our Key Stage 3 parents and carers who joined us in person or remotely this week at our curriculum parents' evening. The feedback that I received was very positive and celebrated the fantastic progress that our pupils have made last term. I hope that you will continue to help us in ensuring that your children enjoy their education with us and that each fulfil their own unique potential.

This week we had a visit from Weston College to talk to our year 8 pupils about post 16 opportunities and answer any questions that they had about this sector. We also had a fantastic visit from Alex Hemmings (Senior Landscape Architect) of Heidelberg Materials, who offered a real-life alternative argument to support our quarrying persuasive write in year 5. These events give our pupils a real insight into the environment around them and also impact on activities on the landscape.

Following on from last weeks visit from Fab Lab Plymouth, year 7 pupils this week had a chance to explore digital fabrication and computation through CAD and CAM.

Finally, our Key Stage 2 pupils and some of our sports leaders were fortunate enough to have a great session led by Switch Rugby. Despite the weather and down pour, the pupils had a great time and the coaches from switch Rugby were very complementary about our pupils attitude and endeavour. Congratulations to Madox 6IB who took part in the Somerset County Swimming Championships last weekend. He completed his 100m Freestyle with a new Personal Best of 4.8 seconds which won him a place in the finals. Well done and keep up the hard work in training.

As you will see from the attached communication from the Wessex Learning Trust central team, we are migrating from our current school information management system, SIMs, to BROMCOM. This changeover is planned for 14th March, but we will obviously keep you informed of any changes as they happen. In the interim period and up to the end of the academic year we will continue to use ClassCharts as our interface with you.

Year 8 parents/carers just a final reminder about Kings Option evening on Tuesday 4th February. The event will take place at Kings beginning at 5.00pm. A talk will be held in the school hall for pupils with surnames A-H at 5.00pm and for those other pupils I-Z at 6.00pm. I look forward to seeing many of you at Kings at this important event.

I hope that you all have a lovely weekend. Best wishes

Paul Tatterton



YEAR 6 RESIDENTIAL - UPDATE

We are pleased to advise that Ultimate Adventure North Devon has been taken over by Halsbury Travel. We have been assured that the trip will commence as expected and they will deliver a great residential for our Year 6 pupils.

CLUB CANCELLATIONS

KS2 Rugby - Tuesday 28th January

The club is cancelled due to a football fixture at Fairlands

All other clubs running as normal



TICKETS ON SALE NOW VIA PARENTPAY



SUNDAY 2nd FEBRUARY REHEARSAL

ALL CAST MUST ATTEND

10am—15:30pm

Please make sure you have sent in your costumes prior to the rehearsal

Due to the Kings of Wessex Y9 Open Evening which is open to all our year 8's, the rehearsal on Tuesday 4th February is cancelled

SHREK PROPS PLEA - Can you help

We are looking for the following props for the school production

- Hobby Horse
- Dolls (Barbie sized x 4)
- Wooden Buckets x2
- Lanterns
- Adults knight helmet
- Colourful waistcoat – Pied Piper
- Suitcases – Approximately 20 all shapes and sizes.

If you are able to help please contact school@hughsexey.org.uk

HSMS SUPERSTARS

SWIMMING

Madox 61B took part in the Somerset County Swimming Championships this weekend.

He completed the 100m Freestyle with a new

Personal Best of 4.8 seconds which won him a place in the finals.

He competed in the County Finals achieving a new Personal Best and winning 4th Place.



Year 8 Choices Evening

Tuesday 4 February 2025
5.00pm - 7.00pm

We warmly invite Year 8 Students and Parents/Carers to attend for September 2025 entry



Welcome meetings will be held in the Main Hall at 5.00pm for surnames A to H and 6.00pm for surnames I to Z



All Subjects will be open from 5.00pm – 7.00pm

You are invited to visit each option subject. Our subject specialists will be delighted to answer any questions you may have.

We look forward to meeting you

DIGITAL DESIGN WORKSHOP YEAR 7

After the success of the Digital Design workshops last week, Fab Lab Plymouth have returned to do the same 3D Printing session with 30 more pupils; this time selected from Year 7.





YEAR 8 HPV VACCINATION THURSDAY 6TH FEBRUARY 2025



The Somerset SAINT team will be coming to Hugh Sexey Middle School on **Thursday 6th February** to issue the HPV Vaccination to all consenting Y8 pupils. A letter with the form link has been sent to Year 8 Parent/carers and is also available on the school website [Hugh-Sexey-HPV-Letter.pdf](#). Parents/Carers, please use this form to inform Somerset SAINT if your decision is a **Yes or a No** to the vaccination, which keeps your child's records up to date. If you are unable to access the decision form link, please contact Somerset SAINT directly on 0300 323 0032 or email SomersetSaint@somersetft.nhs.uk

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies. Here's some self-care tips to help protect against stress.

#ADDRESS YOUR STRESS

Try	Avoid
<p>Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.</p>	<p>Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term.</p>
<p>Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.</p>	<p>Overworking and checking your emails out of hours – we all need time to unwind.</p>
<p>Learning a new skill – whether painting, playing guitar or a new language.</p>	<p>Spending too much of your free time in front of a screen – phone included. Don't feel pressured to always be 'doing' something.</p>
<p>Sharing how you're feeling – it's OK to ask for help and support.</p>	<p>Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.</p>
<p>Switching off from distractions – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.</p>	<p>Bottling up your feelings and assuming they will go away – this can make things worse in the long run.</p>

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

PARENT MENTAL HEALTH DAY – 27TH JANUARY

Parenting can be energising and exhausting all at the same time. There's constant pressure on parents to provide a fun, happy family life whilst juggling work and home priorities. Protecting their own mental health is often overlooked by many parents.



Parent Mental Health Day aims to encourage understanding and awareness of the importance of parents' mental health and wellbeing and its impact on the whole family.

Many of the country's parents and carers feel overwhelmed, isolated, and unable to cope.

Mind provides some advice and support on how to take care of yourself and how to get help if you are experiencing poor mental health as a parent.



Parenting and mental health - Mind

HSMS Values in Action @ Home



Next Week

in

Picture News

Wb 27th January 2025



New data has shown that 2024 was the Earth's hottest year on record, warming by 1.5°C. Around 200 countries had agreed to help keep the temperature rise below this figure because scientists say that increases could cause more extreme weather. This includes events such as heatwaves, storms, and wildfires.

Things to talk about at home ...

- Share what you know about climate change with others at home, and ask others to share their understanding.
- Do you think more could and should be done to tackle climate change? If so, what and by whom?

Invitational Prayer:

Dear God
Thank You for giving us the chance to be part of making the world a better place, Help us to listen to others, act fairly, and work together when making decisions that affect everyone.
Amen

HSMS Christian Value and Virtue next week:

Endurance and Patience

Bible Link:

Micah 6:8

British Value and Protected Characteristic:

Democracy and race

UN Rights of the Child:

#24 Health, Water, Food & Environment