



CHILDREN'S MENTAL HEALTH WEEK

Issue 557

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This week has been Children's Mental Health Week, a nationally observed period to reflect on the mental health of young people. The theme this year is 'Growing Together', exploring the concept of growing emotionally and thinking about ways to help each other grow. Human beings change and grow- we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. We grow intellectually as we gain new knowledge, skills and understanding at school, and beyond.

But growing emotionally is also an important part of our development. Things that upset us when we were younger may no longer overwhelm us as we grow and learn to cope with life's ups and downs. Challenges and set-backs can help us to grow and adapt. Trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. At these times we are reminded of how much we need others in our lives to help us to keep growing.

We need our parents and carers, our teachers, our friends and others to support us to grow, especially when things get tough. We often need others to help us to believe in ourselves, to keep going, and to try doing things a bit differently. We can also be a great source of support to others as they grow - an encouraging word, a smile or championing a cause for the greater good all helps us, and others, to grow. Even when we have experienced really difficult challenges in our lives, with the right support, we can continue to grow and even flourish.

In school we have been displaying this table with tips on how everyone can help to look after their own mental wellbeing. We have also shared some tried and tested techniques that our school prefects have found to be helpful over the years, making sure our older students play a part in helping younger students as they grow up. These have been shared during morning registration (and are included at the end of this article), alongside various form time activities across the different keys stages to encourage discussion about mental wellbeing.

Last week Year 13 students attended a PSHE session on mental health, with a focus on how to help their friends who may be going through something difficult, as well as the importance of mental wellbeing in general. They were shown some Mental Health First Aid tips on how best to speak to someone experiencing mental health issues and assess what help they are able to find them. At times it may have felt quite hard-hitting, but as they look to leave home and go to University, we want them to feel confident that they can help themselves and their friends in the best way they possibly can. There will a similar session for Year 12 students after half term.

In Year 11, Mr Cady delivered an assembly on the importance on speaking about poor mental health, especially for men, who statistically are less likely to discuss or seek help for their mental health problems. And last week Mr Burton spoke to the Year 9 students about how important hobbies and co-curricular activities are for supporting positive mental health.

We are constantly striving to encourage students and staff to discuss and be aware of their mental health and to improve the ways we offer support. Although such weeks can be a great way to focus on mental health, it is in fact a fundamental part of our everyday experience at Wilson's and every student should feel confident that we will support them if they are worried about their own mental wellbeing or that of a friend. There are many avenues of support available and students should speak to a teacher or refer to the support pages of their planners /school website if they wish some advice.

SWITCH OFF	Turn your phone off at bedtime	Set your phone aside when studying	Use apps that make you happy	Make an effort to connect face to face
LEARN SOMETHING NEW	Learn a new language	Make time for your interests and passions	Learn new skills from others	Commit to set amount of time every day/week
PRACTISE EMPATHY	Write short notes of gratitude	Treat everyone with respect	Think more, say less	Volunteer, or do community service
LOVE MORE	Share thoughts of appreciation and love	Make an effort to contact those you don't see often	Find people that lift you up	Forgive others
GIVE SELF CARE	Ask for help when you need it	Write a journal, or diary, every day	Share your feelings with a trusted friend or adult	Prioritise quality sleep

The following information is taken from the Mental Health Charity Place2be:

"We all have those weeks when it feels like we have way too much to do, and it can feel stressful and overwhelming. In these situations, planning out your week and making a to do list can help you break down everything and make the week more manageable." Nick, Year 13

"I sometimes like to disconnect in the evenings to give myself some time to just relax and enjoy a bit of quiet without any worries" Akila, Year 13

"If you're worrying about something, write out all your thoughts. It helps to get them all out in front of you". Alex, Year 13

"Don't ever be afraid to ask your friends for help or advice. Sometimes it can be reassuring to hear another voice talk through your worries. As clichéd as it sounds: that's what friends are for." Aaron, Year 13

"Equally prioritise things you enjoy doing alongside your to-do list e.g. schedule a time to exercise with friends."

"Recognise your escape hobbies i.e. the things that you can do to forget about everything else in the world e.g. cooking or singing."Aayush, Year 13

Links

[Next Week's Menus](#)

[Absence Request Form](#)

[Calendar](#)

Looking Ahead

- Monday 14 - Friday 18 February - HALF TERM
- Monday 21 February - TERM CONTINUES
- Friday 25 February - Year 9 immunisations
- Monday 28 February - Friday 4 March - Sixth Form Exams Week
- Monday 7 March - Friday 11 March - Sixth Form Exams Week
- Thursday 10 March - Y8 Parents' Evening

Deputy Head's Reminder

Mental Health Week

This week we have been marking Children's Mental Health Week with assemblies and extended tutor group activities. Announcements slides have focussed on the theme 'Growing Together' and have included advice from sixth form students, such as this from Aaron: "Don't ever be afraid to ask your friends for help or advice. Sometimes it can be reassuring to hear another voice talk through your worries. As clichéd as it sounds: that's what friends are for".



'SPEAK OUT' CHALLENGE

On Friday 4 February, the school's McAlister Room became a workshop and a performance space for twenty-five of our Year 10 pupils delivering speeches on topics as diverse as the value of perseverance, positive strategies to promote mental health and the agonising annoyance of online adverts. The school was delighted to again host the Speakers' Trust to coach pupils to improve their public speaking skills. With many even very able young people across the country lacking the confidence, skills and opportunity to share their ideas as eloquently as possible, the mission of the "Speak Out" Challenge is to change this and to challenge students to 'speak out'!

Beginning the day with an expert-led, interactive workshop, pupils were then challenged to plan, from scratch, a speech they had created on a theme of their choice. By the end of the day, all pupils performed to their classmates and a small panel of judges, all the time benefiting from the close guidance of Sarah, a Speakers' Trust trainer whom we were delighted to welcome back to Wilson's. By the time they presented in the afternoon, every student had truly left their comfort-zone and "spoken out" on a topic of their choice focusing on delivering a message with a positive impact regardless of the subject.

Particular congratulations go to the five winners and to the two speakers who received prizes as "Highly Commended". We now look forward to the regional finals once peers have had a chance to hear from their peers!



VISITING LECTURER

Tuesday 8 February saw the arrival of guest speaker Mat Hughes, professional Anti-trust economist at Alix Partners. His work has covered cases involving cartel activities in the European truck market, mergers, patents and much else besides. He discussed the close links between what students are taught at 'A' level and the 'real' world, touching on competition policy, market structure and perceptions of the public interest. Students were led to understand that economics to be of use in his world (and policy making in general) requires scientific method, the application of knowledge from other disciplines and a willingness to be intellectually curious.



The 100 plus assembled year 12 and 13 students also enjoyed a lively question and answer session where Mat was quizzed about career advice, the ethics of advocacy and specific cases he had worked on.

The Economics and Business department as well the student attendees would like to thank Mat for what was an engaging and entertaining talk that provoked much thought and comment from those who had the privilege to be present.



A Hobby of Mine

This week Chemistry Teacher Mr Brown talks to us about juggling.



How did you get into it?

I was taught how to juggle by my form tutor at school. As a fan of motorsports, I read about Max Verstappen along with other racing drivers juggling as a part of their pre-race rituals – so I thought it would be interesting to see if I remembered how.

What do you enjoy about it?

The goal of this training is the enhancement of reflexes, improving balance and hand-eye coordination. The difficulty is controlled by the user, and I enjoy the challenge and reward of learning a new technique or trick. It is also some stress-free light exercise on a rainy day!

How often do you do it?

A couple of times a week. Fortunately, it is not an activity that requires much time, space or planning!

Is it something you turn to when you feel stressed?

I find it really helps me if my brain or body needs a reboot. Almost as a way of recalibrating my motor skills to my brain.

What advice would you give to someone wanting to try it?

You can juggle a surprising number of objects. Juggling becomes far easier if the objects are of the same mass and shape, but this is not a must; in a pinch some balled up socks work well before you maybe progress to buying (relatively inexpensive) juggling balls or advanced equipment. YouTube offers many detailed tutorials, which are very easy to follow and allow you to progress at your own pace. Once you are comfortable with the basics you can move onto a whole variety of tricks at your own leisure. My best advice is to juggle over your bed; this stops you from running around chasing your poor throws but also stops your pet from stealing your balls when they hit the ground!

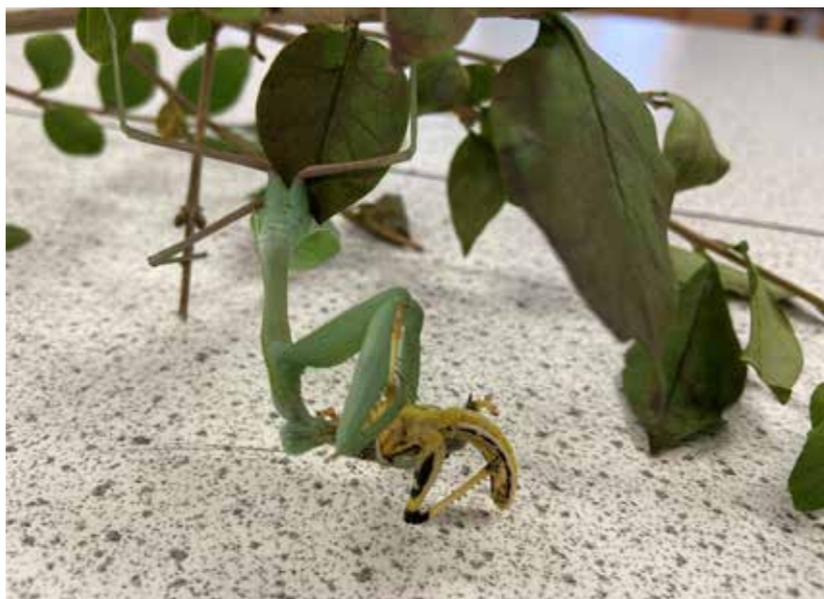


ENTOMOLOGY CLUB

In Entomology Club last week, students were introduced to the life-cycle and characteristics of the Praying Mantis, with the opportunity to view a live specimen – the Giant Asian Leaf Mantis. I personally really enjoyed watching the feeding of the Praying Mantis, as it captured and devoured its locust prey, which can take up to an hour! I could also see how well the Praying Mantis camouflages on the tree branch. Entomology club is incredibly interesting and its fun to spend your lunchtime with insects!

Article by Yashwanth (7H)

Many thanks to Adam for bringing in his own praying mantis and delivering the presentation and to Harvey and Brandan (both in Y12) for their assistance.



FILM CLUB

Behind the Scenes of Film Club: The Period One Film

Period One was enjoyable to make, especially as the actors got to see a compilation of what happened behind the scenes. Although the final product looks seamless, it took many takes to get one part of the film completed without any bouts of laughter. Yet, unless you attend Film Club, you will not see any of the behind-the-scenes action. Even though we had a rough script, our lines were impromptu. For example, the sixth formers in charge of Film Club, Ayush and Varakan, would stare at me intently to ensure quality-control. Imagine how hard it was to contain my laughter and maintain composure!

The film focuses on an irritated teacher who tries to hold a PSHE lesson via Google Classroom, but faces challenges in the form of poor connection and having to answer the door. Although we filmed this in-person, it represents the medium of virtual learning, which was illustrated by Ayush's editing. In my opinion, the short film was amusing since both students and teachers can relate to the struggles of online learning. Although the film was unrealistic at times, it was a sound attempt at portraying the plight of learning through Google Classroom.

Especially considering that it is the first official production by Film Club, this is a must-watch film. While a valiant attempt does not necessarily make 'Period One' a masterpiece, we wish to show that Wilson's is a place full of budding creativity. Please click the following link to watch the film. <https://youtu.be/AoQPrqjFoGc>

Remember to keep your eyes peeled as there are many productions in the works, including a mental health awareness and thriller films. Creating film ideas with members of film club is really enjoyable. Hopefully you find watching this film as enjoyable as we did producing it!

Article by Vinay (9S)



The Popcorn Review: The Pursuit of Happyness (12)

The Pursuit of Happyness is an inspirational life story about Mr Chris Gardner (played by Will Smith), with a far from a normal lifestyle. He is struggling to live off what he calls a job (selling a bone density scanner which hardly contributes to the world of diagnosis), whilst juggling being a father to his son, Christopher. The joyous faces of stockbrokers leaving a nearby building inspire Chris, and he decides that this is what he wants to do. With an approachable personality, he also has an amazing eye for solving logical and numerical problems.

It is an empathetic film with the setting beautifully laid out, especially the day-care and the graffiti that adds to its stunning detail: all but average for Hollywood. Every emotion portrayed by Will Smith is visible. He lives up to the intense and earnest person he is playing.

His son Christopher (played by Will Smith's son, Jaden Smith) is adorable and charming with his obliging attitude and the amount of trust he puts in his father. The stubbornness that occasionally comes out of Christopher only adds to it. Overall, this is a constant, seemingly never ending and emotional 'Pursuit' for happiness. Only by watching the film and paying close attention will you understand why it was called The Pursuit of Happyness.

Article by Arnik (8H)





HANS WOYDA MATHS COMPETITION

The Hans Woyda Mathematics Competition is run every year between 64 schools across London, organised into 16 Leagues of 4 teams. Wilson's School has always been part of this and this year was no different. The competition takes one Year 9, one Year 11, one Year 12 and one Year 13 student from each school and challenges them to complete difficult maths problems under timed conditions. One of the rounds is a race, so only the first person to get the right answer gets any points!

During the Autumn term, we had three matches against the other schools in our league (Woldingham, Trinity and Caterham Schools) and we finished second. This meant that we were through to play a knockout competition against Tiffin School in Kingston. Unfortunately we were beaten at this stage, but our students put up a good fight!

Congratulations to Idhant, Haas, Aditya and Shreyas for representing Year 9 during these four matches, to Arsh, Isa, Shuayb and Nithushan for Year 11, to Eeshaan, Alex, Tarun and Bavin for Year 12 and to Syed, Varnan, Anton and Arya for Year 13. All of these students will be receiving housepoints for their efforts.

An example (non-calculator) question is as follows. Students had 60 seconds to answer their question:

"Two fair octahedral dice have eight faces numbered 1-8. They are both rolled to give two numbers.

Year 9: Find the probability that the sum of the numbers is 10.

Year 11: Find the probability that both numbers are less than 7

Year 12: Find the probability that one of the numbers is at least double the other

Year 13: Find the probability that one of the numbers is a factor of the other."

POETRY BY HEART

This week, Mrs Fletcher and Alex (Y13) launched the Wilson's round of Poetry by Heart, a national poetry recital competition.

Wilson's Heat will take place on Tuesday, 1 March.

It would be really helpful if they had an idea of how many students to expect, so they would very much appreciate it if any students who are interested in entering would fill in this google form: <https://forms.gle/vju2JELNmYEZpuDKA>.

All entries win house points, and the winners will go through to the national competition. You could be performing on stage at the Globe Theatre!

LOS ANGELES OLYMPICS 2028?

Our congratulations go to Alex (Year 9) who, after winning the Sutton Schools' Cross Country competition went on to compete for Surrey in the South East Inter Counties 2022 Junior Boys on Saturday 5 February and won that as well. Will we see him competing at the Los Angeles Olympics in 2028?

Article by Alex (Year 9) below.

The Surrey Schools' cross-country championships was very testing. Arriving there, I heard news of a fierce competitor and so what I had hoped to be an easy race, turned out to be a big challenge. Being cheered on by the crowd, I just managed to take home the victory, and it felt very satisfying, compared to if there had not been a close rival. I was able to hold off the challengers and win in a time of 12mins 28 seconds, a margin of thirteen seconds. I felt proud to be able to take first place in the Wilson's colours.



Pictured above: Alex with medal and in action.

CHESS RESULTS

Briant Poulter Chess League

Wilson's A vs. KCS Wimbledon

Wilson's A lost 2.5 - 3.5

Win for Denis (8H)

Wilson's B vs. KCS Wimbledon Juniors

Wilson's B lost 2.5 - 3.5

Wins for Anju (8D) and Jack (10C)

Wilson's C vs. Whitgift A

Wilson's C won 9 - 3

Wins for Aryaman (L6) and Ian (L6) both won twice, Pratyush (10S), Adam (U6), Josh (8S) and Vedant (9G) all won once.

Ivan Gromov Online Schools Chess League

Wilson's A vs. Altrincham GS

Wilson's A won 4 - 2

Wins for Shivam (9H), Anuj (8D), Pratyush (10S) and Vedant (9G)

Wilson's B vs. Tiffin A

Wilson's B lost 0.5 - 5.5

Draw for Aryaman (L6)

Wilson's Runners

A number of Wilson's Runners were running at Roundshaw Downs parkrun at the weekend to mark Mr Schofield's 250th parkrun.



This is a remarkable achievement and comes after doing parkrun most Saturday mornings since 2014, most of these being at Roundshaw parkrun which is close to Wilson's School. However, he still has a way to go to catch up with Mr Alderson who has completed more than 500 parkruns and counting!

This parkrun also marked the first outing in the new Wilson's Runners T-shirts which were very gratefully received from funds raised by the Wilson's School Parents and Friends Association.





SPORTS NEWS

Player Of The Week:

Viktor (Yr 8) was tenacious as left back for the U13Cs in their tough game against KCS; he never stopped trying and helping his team-mates. Burak (Yr 7) earned the U12Bs a draw away at Dulwich with numerous fantastic saves. Dmitri (Yr 13) was outstanding for the 1st XI against Bede's in the National Cup. He was everywhere in mid-field covering every blade of grass. A rarity for the 1st XI with both Jasper (Yr 13) and George (Yr 13) getting on the scoresheet with two composed finishes. Player of the week is the ever-reliable Clint (Yr 13) who has been a model of consistency for the 1st XI this year and again played a major role in them getting two more clean sheets.

Team Of The Week:

The U13Bs battled to a good 2-1 win against Dulwich with Leon (Yr 8) and Avirat (Yr 8) getting the goals. Team of the week is the 1st XI who won their two huge cup games. A fantastic display beat a very strong Bede's team 3-0 in the last 32 of the National Cup and a clinical performance against Glenthorne took them into the semi-final of the Surrey Cup. A superb effort from the whole squad who are in great form winning 20 out of their last 22 games.



Pictured above: 1st XI Team of the Week



Pictured left:
Jasper and George,
1st XI goalscorers

Surrey Schools' Cricket Tournament

On Thursday 27 January, the Wilson's U14s cricket team entered into a Surrey Schools Indoor 6-a-side (6 overs) tournament at Wallington County Grammar School. In a 5-team tournament (Wilson's, John Fisher, Carshalton Boys, Wallington Grammar and Oaks Park) Wilson's had to play John Fisher twice to get through to the final.

In the first encounter chasing 36 Wilson's managed to win in the last over with Ali hitting powerful shots to see us to victory. In the second encounter with John Fisher, Wilson's batted first and posted a score of 54. In return John Fisher were bowled out 15 runs short of their target. Vaibhav and Ali were the pick of the bowlers with disciplined line and length that put the John Fisher batsmen behind the run rate.

In the final, Wilson's elected to bat first against Oaks Park. After two overs Wilson's had lost 3 wickets but a spirited innings from Ishan helped to reach a competitive total of 50 off 6 overs. Excellent bowling from Ali, Vaibhav and Ishan saw Oaks Park fall short by 10 runs giving Wilson's a much deserved win.



Co-curricular and Sports Links

[Co-curricular Timetable](#)

[Sports Fixtures](#)

FOOTBALL RESULTS

Monday 31 January
Wilson's vs Bede's (Ntl Cup last 32)
1st XI won 3 - 0

Tuesday 1 February
Wilson's vs KCS (Friendlies)
U13A lost 0 - 5
U13B lost 0 - 5
U13C lost 0 - 3

Wednesday 2 February
Wilson's vs Glenthorne (Quarter Final Surrey Cup)
1st XI won 8 - 0

Friday 4 February
Wilson's vs Rutlish (Friendly)
U12A lost 0 - 2

Saturday 5 February
Wilson's vs Dulwich College (Friendly)
U13B won 2 - 1
U13C lost 1 - 7
U13D lost 1 - 7
U13E lost 0 - 9
U12A lost 1 - 4
U12B drew 0 - 0
U12C lost 4 - 5
U12D lost 1 - 7
U12E lost 3 - 6
U12F lost 0 - 16

