

Heartbeat



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Issue 13

Year 7's happy thoughts are straight on the heart

Year 7 students have been telling us what puts a smile on their face by sharing their happy thoughts on a 'heart board'.

The 'Happy Hearts' display board is a new idea geared towards students' mental health and wellbeing.

It comes after evidence showed that mental health and wellbeing programmes in schools can lead to significant improvements in children's mental health, and social and emotional skills.

Wellbeing provision in schools can also lead to reductions in



classroom misbehaviour and bullying. Senior Assistant Headteacher, Mrs Campbell, said: "We recently asked our Year 7 pupils to write down on a heart what they enjoy and/or makes them feel happy.

"A Happy Hearts display has been created and highlights what thoughtful, creative and active pupils they are."

Among the things making our Year 7s happy were, 'family and friends', 'pets', 'music', 'playing sport', 'going for walks', 'eating out' and 'reading Heartbeat'. OK, I may have made that last one up.



Meet the Sixth Form team who are putting their Heads together

Sacred Heart's newest Head Students were announced last month. But, as 2020 has been a bit, well, different, there is also a new format to the pecking order. Gone are the titles Head Boy, Head Girl and Deputy Head Boy & Girl, as our fab four will now all share equal billing as part of a new Head Students team.

We caught up with the new team of Millie Corcoran and Matthew Latham (panel, right) and Adam Bradley and Isobel Davies (below) as they explained what being Head Students means to them and how much they are looking forward to the challenge ahead.

To be given such an important and influential role is an honour and a privilege, one I hope to fulfil to the best of my ability.

It is great to have the opportunity to give back to the community that has offered me so much during my time at Sacred Heart.

I aim to contribute to and better the school community in any way I can, by being that bridge between students and teachers to ensure all voices are heard. I want to encourage students to grasp every opportunity Sacred Heart offers, as it will open so many doors for them, as it did for me as one of the new Head Students.

I am currently studying Geography, Chemistry and Maths and, after guidance from the 6th Form team, plan to go on and study Geography at University.



Becoming one of the Head Students is a huge honour and I am proud to represent our caring Christian community.

I aim to maintain the community spirit, despite a very difficult year, and to endorse the safety measures in place to protect staff and students.

I also want to ensure that everyone has the required resources to learn both in school and at home.

After this year, I want to study engineering at university, where I will hopefully put qualities I have learnt in my role here to good use.



I am currently studying History, Theatre Studies and English Literature, which I hope to continue next year at university.

To be given such a prestigious role is something I take great pride in and I aim to live up to the role by being a friendly and approachable representative for all students, especially during a time of such great adversity.

I couldn't think of a more honourable way to conclude my time at Sacred Heart, as it is a community that has given me so much joy and so many opportunities in these seven years and so I am beyond grateful for the chance to reciprocate.



I am really pleased to have been chosen to represent the school as part of a fantastic team of Head Students. In this role, I aim to represent all students and take your ideas forward. I look forward to the challenges and hope I can contribute to boosting morale across the school.

I hope to use the opportunity this role offers to boost my confidence, which I will take forward to my future studies in animal research.