

Christmas Newsletter

WARM GREETINGS

Wishing you a joyful holiday season filled with love, laughter, and cherished moments. May this Christmas bring peace and happiness to you and your family.

SIR GEOFF HURST CHRISTMAS MARKET

Our students jumped headfirst into the world of social enterprise, learning firsthand about the value of work and money management. All that hard work paid off—literally! Many classes have chosen to celebrate their success with an end-of-term pizza party. In total we raised about £300 thank you!

SGH HIGHLIGHTS

Aladdin Pantomime at Chelmsford Theatre

Presidents Sporting Lunch Barleylands

Whole School Christmas lunch

Residential Christmas dinner



YEAR IN REVIEW



This year has been full of memories, growth, and milestones. As we wrap up, we are grateful for every connection, experience, and opportunity that made 2025.

LOOKING AHEAD



Here's to new beginnings, exciting adventures, and more beautiful memories in the coming year.

SPECIAL MESSAGE

"Christmas is not as much about opening presents as it is about opening our hearts."

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PARENTS COFFEE MORNING

This is the 16th January and the topic will be behaviour – this has been posted on Class Dojo by Tracy Gilson

This term in Pictures



Working with the Wilderness Foundation

Whole school attendance

The whole school attendance this term has been 68.5% and the national average is 85.9%. Well done to everyone who has attended school this term.

Kane Class meeting their new teacher Mrs Wooder



Whole school trips see Chelmsford Theatre to see Aladdin

CAREERS FOCUS



Henderson Class have built some fantastic links with Cornerstone Coffee Shop and they have been completing work experience on how to be a barista!

LOOKING AHEAD



We will be saying goodbye to Mandip Edwards and Kyle Rubin but we welcome Emma Wooder and Tad Demus

SPECIAL MESSAGE

"Christmas is not as much about opening presents as it is about opening our hearts."

ONE OF OUR SECONDARY STUDENTS WROTE A FANTASTIC ARTICLE THAT THEY WANTED TO SHARE FOR YOU ALL. WE ARE VERY PROUD AND THIS IT HAS BEEN WRITTEN AMAZINGLY.

"Teenage years are the best of your life."

Let us explore if teenage years really are the best years of your life. Everyone has different points of view on this, so let's talk about it!

Growth

As a teenager, I'm aware that I am in a complicated section of my life. But I also know that I have a lot of things I can still do. I still have the freedom to walk around and be who I am while not having to worry about bills and expenses. Added to that, teenagers in this generation are no stranger to the fact that everyone deserves to feel included, mostly because they also know what it's like to be left out. For example, season 4 of the popular TV show 'Stranger Things' was released in 2022, and for the next three years, the fandom came together and made up different theories of how season 5 could go. This was a bright example on social media for how teens can come together and create a sense of belonging.



A big part of being a teen is also figuring out who you really are. That is - what you like, what you don't, how you feel about things, etc. You do a lot of experimenting with styles, colours, and maybe even music taste, until you finally find something that feels like you. An example of this is my parents' music taste, which all dates back to when they were growing up - 70s or 80s. They'd share it with me quite often and it slowly made its way into my personal music taste as I've

gotten older. Though also while growing up, I have found my own music that I love, like Conan Gray, Billie Eilish and Radiohead. Finding my own music has been one of the best experiences of my life so far. It allows me to be extra vulnerable at times when I need it, and also just adds fun to boring tasks like cleaning or dishes.

Hard Times

Everyone is their own person, and that's why the teenage years might **not** be the best for everybody. People don't always have family to spend holidays like Christmas with, or feel guilty due to money struggles and not being able to afford what they need. In particular, I know a lot of teenagers who lie about what they actually received for Christmas due to pressure of wanting to be liked and to avoid bullying.

Have you ever experienced bullying in school? More than 30% of teens in the UK are bullied face to face, and 80% for those with special or educational needs. This can have a long-lasting effect on a teen, damaging things like their self-esteem, mental health, and trust. It can make it harder for them to make friends, or to even be vulnerable in their later life.

Social Media



If you think about teens, one of the first things that probably comes to mind is how they're **always** on their phone, right? But we don't always know what's **really** going on. Social media can be good for teens at times, with them exploring and laughing at relatable content or finding new friends, but it can also cause emotional distress. Bullying can happen online too, as I'm sure you know, and teens can be excluded from certain things like group chats or activities with friends. In my class recently, we did some work in PSHE about group chat issues and the effect of social media, which made us see the reality of how bad things can really get, along with the positives.

Across The World



Teenagers in different countries go through similar situations, but they also deal with much worse things like war (aka. Ukraine and Russia). They can lose their homes, have no food for days, and lose family members right in front of their eyes, causing PTSD for the future. On CBS News back in 2022, a teenage girl named Sasha Bonda spoke first hand about her experience in the Ukraine vs Russia war from a Ukraine perspective. She spoke of how exhausting the whole thing was, emotionally, physically **and** mentally. Unable to leave her town, which had been overtaken by Russian soldiers, she and her family remained there. Also unable to go to school due to the war, a message she pushed out to other teens around the world was for them to 'enjoy school', saying - 'It's not that bad, trust me.'

So, are teenage years the best of your life?

Well, my opinion on this is that it all depends on the individual and their personal circumstances. What do you think? Has this article changed your original thoughts on the statement above? Maybe something we all need to realise is that - teenage years can be really difficult, and every teenager is struggling with at least one thing, but it can also be a great few years of new opportunities and experiences to have fun with as we prepare for the future.

Author - student in yellow corridor

