



**Headteacher's
Message**

**MERRY
CHRISTMAS
AND HAPPY NEW YEAR**

HELLO EVERYONE,

AS WE APPROACH THE END OF THE AUTUMN TERM AND INDEED THE END OF 2020, I WOULD LIKE CELEBRATE WITH YOU, SUCH A SUCCESSFUL YEAR FOR THIS SCHOOL.

WHILST COVID 19 HAS PRESENTED CHALLENGES TO US ALL, THE FACT THAT THIS SCHOOL HAS CONTINUED TO THRIVE IN THE MANNER IN WHICH IT HAS, FILLS ME WITH GREAT PRIDE AND OPTIMISM FOR 2021.

2020 HAS BROUGHT UNPRECEDENTED SUCCESS IN ALL AREAS, AS THE HORIZON SCHOOL CONTINUES TO GO FROM STRENGTH TO STRENGTH.

ATTENDANCE HAS NEVER BEEN HIGHER, BEHAVIOUR HAS NEVER BEEN BETTER AND OUR Y11 LEAVERS LAST YEAR NOT ONLY OBTAINED THE BEST RESULTS IN THE SCHOOL'S HISTORY, BUT ALSO ALL WENT ON TO SECURE A POSITION ON THEIR FIRST CHOICE COURSE AT POST 16.

IN ADDITION TO ACADEMIC SUCCESS, ALL OF THE CHARITY WORK, PASTORAL AND WELL-BEING WORK, SPORTING ACHIEVEMENTS AND GENERAL CONTRIBUTIONS TO THE LOCAL AND WIDER COMMUNITIES MAKE ME VERY PROUD TO LEAD SUCH A BRILLIANT SCHOOL WITH SUCH INCREDIBLE STUDENTS AND STAFF.



AS WE REFLECT ON THE SUCCESSES AND CHALLENGES OF 2020, IT ALSO GIVES US THE OPPORTUNITY TO LOOK AHEAD TO 2021 AND I AM CERTAIN THAT NEXT YEAR'S Y11 WILL CARRY ON THE GREAT WORK AND ACHIEVE BRILLIANTLY IN THE SUMMER EXAMINATIONS. A LOT OF OUR WORK IS GOING INTO PREPARING THE STUDENTS TO THE HIGHEST POSSIBLE STANDARD FOR THEIR EXAMS AND ALSO ENSURING THAT THE TRANSITION TO COLLEGE IS A SMOOTH ONE.

WE ARE VERY CONFIDENT THAT OUR Y11S WILL PERFORM SUPERBLY IN THE SUMMER AND WE ALSO KNOW THE STUDENTS FROM OTHER YEAR GROUPS WILL CONTINUE TO EXCEL IN ALL AREAS. AT THE HORIZON SCHOOL, WE ALL BELIEVE IN THE POTENTIAL OF EACH INDIVIDUAL STUDENT.

WE HAVE AN UNSHAKABLE BELIEF THAT EVERY CHILD CAN ACHIEVE, REGARDLESS OF THEIR BACKGROUND OR PERSONAL CIRCUMSTANCES AND WILL DO OUR BEST EVERY DAY TO HELP THE STUDENTS DO THIS.

THIS HAS BEEN A VERY EXCITING YEAR FOR THIS BRILLIANT SCHOOL AND ITS AMAZING STUDENTS AND STAFF AND I WOULD LIKE TO THANK ALL PARENTS AND CARERS FOR THEIR CONTINUED SUPPORT.

I HOPE THAT YOU ALL ENJOY A WONDERFUL CHRISTMAS AND I WOULD LIKE TO WISH YOU AND YOUR FAMILIES ALL THE VERY BEST FOR 2021.

WE LOOK FORWARD TO WELCOMING OUR STUDENTS BACK ON TUESDAY 5TH JANUARY

MR. M. GORDON
(HEADTEACHER).



Look out for our new Facebook page - The Horizon School Hartlepool and a new website coming soon!!!!



OVER THE PAST FOUR WEEKS STUDENTS HAVE BEEN TAKING PART IN THE WHEELZ PROJECT WHICH IS RUN BY STAFF FROM RIGHT TRAX.

THE WHEELZ PROJECT INVOLVES SELECTED STUDENTS RENOVATING OLD BIKES WHICH HAVE KINDLY BEEN DONATED BY HORIZON STAFF AND THE LOCAL AUTHORITY.



THE STUDENTS INVOLVED HAVE ENGAGED WELL AND IMPRESSED RIGHT TRAX STAFF WITH THEIR BIKE MAINTENANCE ABILITY AND DETERMINATION. THE WHEELZ PROJECT WILL CONTINUE INTO THE NEW YEAR AND THE FINISHED BIKES WILL FEATURE IN A LATER EDITION OF FYI.



Christmas Jumper Day



On Friday 11th December staff and students took part in Christmas Jumper Day.

Rather than ask for a monetary contribution this year, we wanted to help the local community and asked for donations for our school food bank.

Once again we were overwhelmed by the support of our fantastic families and staff and we were able to make a large donation to Hartlepool Children's Hub where our contributions will be distributed to families in need .



Donations from staff and students.



Our Haven students ready to pack up our donations.



We say a fond farewell to Mrs Leighton who is leaving us at the end of term to explore pastures new.

Mrs Leighton has been our KS3 Nurture Teacher for the past 3 years and has brought many initiatives to school such as Forest School, Cooking enrichment and a partnership with Hartlepool's Food Network who's community fridges have supported our breakfast club. We wish Mrs Leighton the best of luck in the future!!!



Between 23 and 27 December:

You can form an exclusive 'Christmas bubble' composed of people from no more than three households

- You can only be in one Christmas bubble and you cannot change your Christmas bubble*
 - You can travel between tiers and UK nations for the purposes of meeting your Christmas bubble.*
 - If you form a Christmas bubble, you should not meet socially with friends and family that you do not live with in your home or garden unless they are part of your Christmas bubble.*
- YOU CAN STILL HAVE FUN AND ENJOY THE FESTIVE SEASON - SAFELY!!!!***

SADIE'S SCIENCE & TECH INSIDER

All the latest scientific and technological developments in today's society

Written by Sadie C

What are the most popular gadgets that everybody wants this Christmas?

1. PS5

The brand new Playstation game console is the perfect gift for any gamers out there. However, stock is very limited and everybody wants their hands on this!



2. Amazon Echo

The amazon echo is your own personal assistant! It will play music, read you the news brief, tell you a story, set timers and even tell you jokes. This very smart gadget is perfect for people that have a lot of things to do in a short space of time.



3. Instax Mini Polaroid Camera

Chic, retro and stylish, this camera is great for lovers of photography or anything vintage! They even come in many different colours ranging from red-purple.



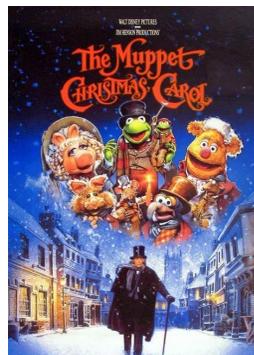
Why do we love Christmas movies?

Most people like to watch Christmas films because it starts to get you into the Christmas spirit. By this I mean that it gives you that fuzzy and exciting feeling in your body where you just want it to become real and experience what you are watching. Some films bring out your emotions. This means that you could be watching a very sad film and your sat there having a little cry but others bring out the laughter and makes people crack a smile!

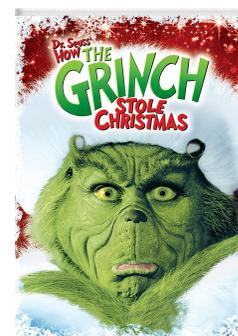
What is the best Christmas movie?

I have went around our school and asked staff and students what they would say was the best Christmas film. There were 26 people, all asked what their favourite film was. There were a variety of films chosen. These choices were:

In last place with 1 vote each:

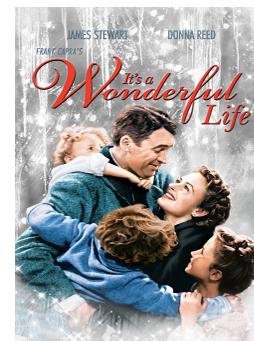


In third place with 2 votes each:



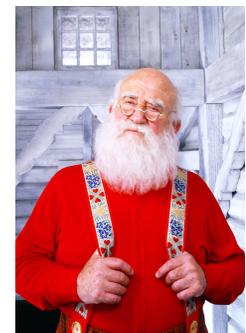
We also had 2 Bah Humbugs who wouldn't vote :-)

In second place with 3 votes each:



But which came out on top?

The most popular christmas film was Elf with 6 votes.



The film centers on Buddy, a human who was adopted and raised by Santa's elves. He learns about this and heads to New York to meet his biological father while also spreading Christmas cheer in a world of cynics in the process. It's a fun film, suitable for all the family and full of Christmas cheer!

Written by Toni D

MENTAL HEALTH - UNRAVELLED

Helping you to understand a different issue in every issue!!!

YOU AND YOUR MENTAL HEALTH STILL MATTER THIS CHRISTMAS

TIPS FOR LOOKING AFTER YOUR MENTAL WELLBEING

Christmas can be a joyful time of the year, filled with festivities, food, parties and time with loved ones. However, for some people, it can also be one of the hardest times of the year. Christmas can bring about feelings of obligation and over-commitment to social plans. Some people may experience loneliness and isolation. Others may find the disruption to their routines destabilising.

Reframing - How can you be your friend this Christmas?

-  Turn the volume down on the internal critic
-  Let yourself be the way you feel
-  Have a Christmas that works for you
-  Remember that You are loved. YOU are worth it
-  Give yourself permission to be you
-  Think of it as your rest day

Boundaries - What is your agenda this Christmas?

-  Have clear boundaries with people e.g parents / in-laws etc.
-  Balance your sense of social obligations against your need for self-care
-  Challenge the assumption that anything 'needs' to happen over Christmas
-  Give yourself permission to say no
-  Think about what your agenda for looking after your wellbeing this Christmas is, and prioritise it
-  Let family and friends know that you will need time out for quiet and calm

Planning - What do you want to do this Christmas?

-  Write down what is really important to you
-  Prioritise and tackle things one at a time
-  Leave space for the unexpected
-  Be mindful of how your routine is about to change

Actions - What self-care and day to day activities can you keep doing?

-  Sit in the garden in a warm coat and get a brief sunny boost
-  Meditate
-  Find time to yourself – take a long bath, or go on an errand, 5 minutes to yourself can be really helpful
-  If you struggle with sleep, stick as close as possible to your usual routine
-  Ask someone to keep an eye out for you and to check in on how you're doing
-  Create your own experiences and happiness. Be indulgent. Pamper yourself



If you're in distress this Christmas and want someone to talk to, please call Samaritans on 116 123 - their phone lines are open all day every day over the festive period and they're free.



Where to get help this Christmas



- * Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.
- * If you need urgent help text YM to 85258
- * All texts are answered by trained volunteers with support from experienced clinical supervisors.
- * Texts are FREE from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile & Telecom Plus.

SAMARITANS

www.samaritans.org

- * If you're in distress and need support, you can ring Samaritans for free anytime of the day or night. FREEPHONE 116 123 (24 HOURS)



www.childline.org.uk

- * If you're under 19 you can confidentially call, email or chat online about any problem big or small.

FREEPHONE 24 HR Helpline - 08001111

- * Chat 1:1 with an online advisor



www.kooth.com

- * Provides free, safe and anonymous online support for young people.
- Monday - Friday 12pm - 10pm
- Saturday - Sunday 6pm - 10pm

Written by Shannon S-D

OVERCOMING YOUR FEARS PART 2

In this article I will give you tips and strategies to help you achieve the SMART goals you set from the last article .

BUILDING STEPS TOWARDS YOUR GOAL

Now that you have a personal, realistic and achievable goal you can plan your “graded exposure” program. This involves breaking the goal down so that you can work step by step towards your major goal.

Example,

Goal: To go out to a café on a weekend with friends and stay for at least 2 hours.

Step	Distress 0-100
Go to the café on a weekday (with a friend who knows about your fear) stay for 10 minutes	20
Go to the café on a weekday (with a friend who knows about your fear) stay for 30 minutes	40
Go to the café on a weekend (with a friend that knows about your fear) stay for 1 hour	60
Go to the café on the weekend (with a friend that doesn't know your fear) stay for 2 hours	80

CLIMBING STEPS TOWARDS YOUR GOAL

Once you have developed the steps that you can take towards your main goal, you can make an appointment with yourself to start on your first step. Here are a few tips for how you can progress through your situational exposure steps.

BEFORE THE FIRST STEP

1. **COPING WITH FEAR.** Before you start on a situational exposure exercise, it is useful to have developed ways of coping with the distress you might feel in the situation. Using well practised breathing techniques can help to reduce the physical response to fear. Reducing your general level of anxiety through muscle relaxation techniques can also help to prepare you for entering the situation.

2. **CHALLENGING NEGATIVE THOUGHTS.** Another way to prepare yourself is to challenge negative thoughts that you might have about yourself or the situation. If you spend time working through these thoughts you can come up with some helpful ways of thinking about the situation.

COMPLETING A STEP

1. **EXPECT SOME ANXIETY.** When you enter the situation – at any step - remember that you'll probably experience some anxiety or discomfort. That's why it's important to start small, and work your way up.
2. **USE YOUR SKILLS.** Just as used your coping skills to prepare for the situation, use them while you are in the situation. Use your breathing to reduce your physical anxiety response and challenge negative thoughts that you might have.
3. **STAY IN THE SITUATION.** While it might be tempting to leave if you feel uncomfortable, try to stay in the situation until the anxiety goes down. In this way you can see that, as frightening as the feelings are, they are not dangerous, and they do subside.
4. **STAY INVOLVED.** 'Staying away' can happen in many different ways, such as sitting away from others, or avoiding eye contact. Stay involved in the situation by noticing what is happening and really experiencing the situation. Really taking part in these situations is the only way to make sure you get used to the anxiety.

CLIMBING THE STEPS

1) **ONE STEP AT A TIME.** Climbing a stepladder is not about taking one giant leap, it's about taking one small step at a time. You begin with the least difficult step and gradually work your way up the step ladder getting used to the anxiety you feel at each step. Your primary aim at each step is to complete that step and that step alone.

2) **OVER AND OVER AGAIN.** Do a step frequently and repeatedly, and try to do them in close succession to make sure you are comfortable with the situation before you move onto the next step. This might take 3 or 4 times.

3) **USE YOUR SKILLS.** Work through any unhelpful thoughts about the situation after you have completed each step, or repeated a step. Allow yourself to unwind with a relaxation session.

4) **ACKNOWLEDGE THE STEPS YOU'VE MADE.** When you are comfortable with a particular step, admit to your successes and acknowledge the steps that you've made so far.

5) **STEP-BACKS.** We all have our up and down days, and sometimes you might think you've taken a 'step-back' because the situational exposure exercise didn't go as well as you hoped. If you are having difficulties with a particular step then it might be useful to take a “step back“ and work on the previous step again or design an “in between” step between the one you've completed and the difficult one. That's why doing a step over and over is so helpful. Remember – take it one step at a time.

USE A DIARY TO RECORD YOUR PROGRESS

A diary can help you to keep track of the steps you've completed, and how you can cope with any difficulties you've had. You could use the following columns

- **SITUATION:** Describe the step and the situation
- **EXPECTED DISTRESS:** Indicate the distress level you expected (0-100)
- **ACTUAL DISTRESS:** Indicate the level of distress you actually experienced
- **OUTCOME:** Indicate whether you completed the step and the skills you used that were helpful, OR, if you had difficulties, describe how you can prepare for the next time.

If you're having difficulties with situational exposure tasks, talk to a professional so that they can guide you through the process.

MY FUTURE

ASPIRE. BELIEVE. SUCCEED



Welcome to My Future,

We have a very successful half term in terms of careers with lots of our Year 11 students having virtual tours and interviews for college. Having a destination in mind has given students a real focus and determination to succeed in their GCSEs.

We have also had Hartlepool FC giving workshops on financial decision making which we hope will give our students the skills they need to be successful citizens in the financial world.

The next half term will see the return of our very successful Futures week. Whilst times are still uncertain, things may be a little bit different but we will still have lots of colleges and employers bringing you the very best advice and opportunities for the future.

Mrs K Proudlock - Careers Lead

T-LEVELS

THE NEXT LEVEL QUALIFICATION

What are T-Levels?

T Levels are a brand-new qualification choice that will follow GCSEs and give students a head start towards the career they want.

They will suit students who wish to start working towards a skilled occupation, prefer a practical approach to learning and want a predominantly classroom based course.

Drawing on features of the world's best technical education systems, these 2-year courses have been designed in partnership with employers to ensure students gain the knowledge, skills and experience businesses need so they are ready to get good jobs when they qualify.

What do T-Levels include?

T Levels combine classroom learning, practical skills development and a substantial industry placement and will support progression into skilled employment, an apprenticeship or into further related study. Each T Level begins with core theory, concepts and skills relating to an industry area and students will then be able to choose one or more occupational specialism(s).

What kind of students may suit T-Levels?

A differentiating factor of T Levels is the combination of both classroom learning and development and practical application of occupationally-specific skills.

As such, a T Level would suit a student who wants to enter skilled employment at the end of their course.

Although T Levels are primarily designed for entry into skilled employment, they will also allow progression to an apprenticeship or to further study / higher education in a related area.

This is different to the academic route, where qualifications tend to be more knowledge-based and the purpose is typically entry to higher education. Students should normally have a clear idea about which industry they want to get into, and an idea of the type of job role they'd like to explore.

What are T-Levels equivalent to?

A T-Level will be equivalent to 3 A Levels.

Providers who have been selected to deliver T Levels in academic years 2020 to 2021 and 2021 to 2022.



What can I study and where?

Hartlepool Sixth Form

You can study Education and Childcare & Health Sciences at our sixth form from September 2021. In the coming years more subjects will be available.

Middlesbrough College

At Middlesbrough College we are offering T Level programmes in a range of sectors, these include:

Engineering

Construction

Digital

Healthcare

Science

Education & Childcare

Look out for more providers in the future.



Tip of the month

If you believe it, you can achieve it.

Tip of the month

Christmas Quiz

POPPERS' POP QUIZ

COMPILED BY MICHAEL P

- When was the first Christmas Card printed?
 - 1833
 - 1843
 - 1853
- Which country donates the Christmas Tree that is placed in Trafalgar Square?
- Which birds are popular on Christmas cards?
- Who is the patron saint celebrated on the 26th December?
- The first royal Christmas broadcast was made by which monarch?
 - King George V
 - King George VI
 - Queen Elizabeth II
- Which Christmas song was released by Brenda Lee in 1958?
- Which actor played Buddy the Elf in the film Elf?
- Who is this?
 
- Which playwright wrote 'The Merry Wives of Windsor' as a Christmas present for Queen Elizabeth I?
- Name the Song.

Once bitten and twice shy
I keep my distance, but you still catch my eye
Tell me baby, do you recognize me?
Well, it's been a year, it doesn't surprise me
"Merry Christmas" I wrapped it up and sent it
With a note saying "I love you", I meant it

Answers on back page

WOULD YOU RATHER? CHRISTMAS EDITION

- Would you rather is a great way to start up a fun or interesting conversation. Now is the perfect time to talk!!!!**
- Would you rather make presents for your family instead of buying them or make ornaments for you tree instead of buying them?
 - Would you rather not celebrate Christmas this year or not celebrate your next birthday?
 - Would you rather have Frosty the Snowman for a friend or Rudolph the Red Nosed Reindeer?
 - Would you rather be at home on Christmas and get lots of presents or be at Disneyland for Christmas but get no presents?
 - Would you rather have tinsel for hair or fingernails that light up like a Christmas tree?
 - Would you rather wear a Santa suit for a week or sing Jingle Bells on repeat for a week.

COMPILED BY MICHAEL P

CHRISTMAS JOKES

COMPILED BY MICHAEL P

- Knock. Knock. Who's there?
Hanna.Hanna who?
tree.
Hanna partridge in a pear tree.**
- What does Mrs Claus say to Santa when she sees clouds?
Looks like Rain, dear.**
- Why did the elves ask the turkey to join the band?
sticks.
Because he had the drum.**
- Why does Santa have 3 gardens?
So he can Hoe-Hoe-Hoe**
- What does Miley Cyrus have at Christmas?
Twerk!!!**
- Why is it getting harder to buy Advent calendars?
Their days are numbered.**
- What do angry mice send to each other at Christmas?
Cross-mouse cards.**
- How does Darth Vader enjoy his Christmas Turkey?
On the dark side.**

Answer on back page



The staff and students of The Horizon School, Hartlepool would like to wish you and your families a very Merry Christmas.

We look forward to welcoming you back on Tuesday 5th January 2020 for a fantastic new year!!



FYI sports

Bringing you the latest sports news and results



Name: Jordan Moore

Age: 14

Sport: Boxing

Club: Hartlepool Catholic Boxing Club

When did you start boxing and why?

I started boxing a good four years ago when I was 9/10 years of age. I decided to start my boxing career because when I was in primary school I was bullied for numerous years. So I decided to take up boxing to take my mind away from the people who bullied me.

Which boxing club do you go to?

I started my boxing journey at the New Boys Welfare Boxing Gym. I boxed for their club for 1-2 years and I had 1 skills bout for them until I decided that in order to further my career I needed to move to a different gym.

I started to box for the HCBC (Hartlepool Catholic Boxing Club) when I was around 12 years old and I am still boxing for them now.

How many bouts have you had?

Since I started my new boxing gym I have had 2 skills bouts and 2 regular bouts which I really enjoyed competing in.



Jordan Moore (Hartlepool Catholic) in a Skills bout against Jimmy Joyce (Fenham)

How has Covid-19 affected your training?

This year we haven't really been able to train/box due to Covid-19 restrictions but we are hoping to bounce back into our boxing next year.

Would you recommend boxing to other young people?

I would personally recommend boxing to those people who may think they need fitness, self discipline or something to keep them busy when they have nothing to do.



A QUESTION OF SPORT

1. In which year did British and German Troops call a spontaneous truce on Christmas Day by playing a game of football together?
2. In skiing, which piste colour denotes a beginner's slope?
3. Which country has won the most Winter Olympic medals to date?
4. Which two sports are included in the Winter Olympic Biathlon?
5. Which manager was sacked by Chelsea just after enjoying Christmas dinner with the team?
6. Which 1993 film is based on the Jamaican bobsleigh team's debut entry into the 1998 Winter Olympics?
7. Which England football manager was famous for his use of the "Christmas Tree" formation?
8. Which football pundit celebrates his birthday on Christmas Day?
9. In which country did Ice Hockey originate?
10. Which Winter Olympic sport is played with stones and brooms?

Compiled by Mr Ainley



CHRISTMAS PODCAST WITH FESTIVE TUNES, GARDENING SPECIAL & A NOT TO BE MISSED SOLO FROM ONE OF OUR AMAZING STUDENTS!!



COMING SOON.....

ANSWERS

- Q10 - Last Christmas by Wham
 Q9 - Shakespeare
 Q8 - Bing Crosby
 Q7 - Will Ferrell
 Tree
 Q6 - Rocking around the Christmas
 Q5 - a) King George V
 Q4 - Saint Stephen
 Q3 - Robin
 Q2 - Norway
 Q1 - b) 1843
 Poppers' Pop Quiz
- Q10 - Curling
 Q9 - Canada
 Q8 - Chris Kamara
 Q7 - Terry Venables
 Q6 - Cool Runnings
 Q5 - Jose Mourinho
 Q4 - Skiing and Shooting
 Q3 - Norway (329 medals)
 Q2 - Green
 Q1 - 1914
 A Question of Sport