

## *From Emmanuel's Desk*

### **Be attributes 3 - Be true to yourself**

Proper preparation, we say, prevents poor performance in everything we do. This is to be done individually, regardless of whether we are working alone or in a group.

However, there is a pitfall that we must avoid - making others believe we are doing what is required, when in reality we are not. This is self-deception. You know within yourself if you are truly doing what ought to be done. Therefore we must deal truthfully and kindly with ourselves, otherwise we risk finding ourselves in this pit.

Self-deception makes us live in self-delusion, gives false impression, creates unrealistic expectation and leads to dashed hopes. Others around us may believe we are studying but the questions we must ask ourselves are: Am I truly doing this? Do I genuinely understand this? Am I properly preparing for the test or exam? Am I giving my best in this task? The list of questions is unending.

If you are not giving your best, you can start today. When we are true to ourselves, we will not deceive others.

Am I being true to myself?



## Voice of Reason

Our feature offering insights from a parent's perspective.

This month we have a reflection from

*Dr Manisha*

Motivational Moments

*"Self-honesty is the key to self-mastery."*

*Anon*

We had an incredibly tough time during adolescence years of our child, who despite being incredibly independent and intelligent was very stubborn and lost in the world of gaming, impacting crucial educational years.

It was hard work, but as parents we stayed united and strong together. This helped us to have a unified approach, with the same message to our child, re-enforcing respect in 'family as a unit'.

We had to change a lot, at times it was extremely difficult to practice what we preached. This helped our son to see our commitment towards his wellbeing and engagement in education, thereby re-enforcing our passion to value education above everything else.

Looking back, I think there is a lot that could have been done differently but that is hindsight. One should not be critical of parenting skills, as none of us is born a parent. We all learn on the journey, but one should be willing to learn and adapt as the need arises.

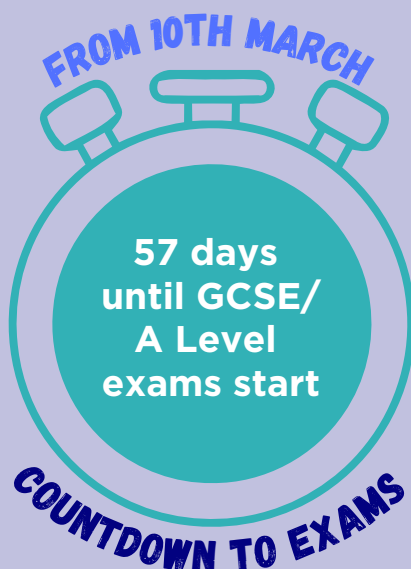
Our only regret was if we knew about neurodivergence\* it may have been easier to understand our child.

### *My advice to other parents,*

Adolescence is a tough time in any child's life and unfortunately comes during the important educational years. As parents, we should offer a supportive environment, lead by example, maintaining a balance between autonomy and responsibility. At the same time, we must help them cross this wobbly bridge to the best of their abilities.

\***Neurodivergence** refers to natural variations in how people's brains are wired, influencing how they think, learn, process information, and interact with the world.

For more information visit:  
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## ANSWERS FROM OUR LAST EDITION

### QUICKFIRE MATHS

- |          |                |
|----------|----------------|
| 1. 228   | 6.             |
| 2. 63    | A. 3HRS        |
| 3. 2,266 | B. 6HRS 12MINS |
| 4. 50    | 7. 176         |
| 5. 684   | 8. 72          |
|          | 9. 193         |
|          | 10. 625        |



## WORD SCRAMBLE

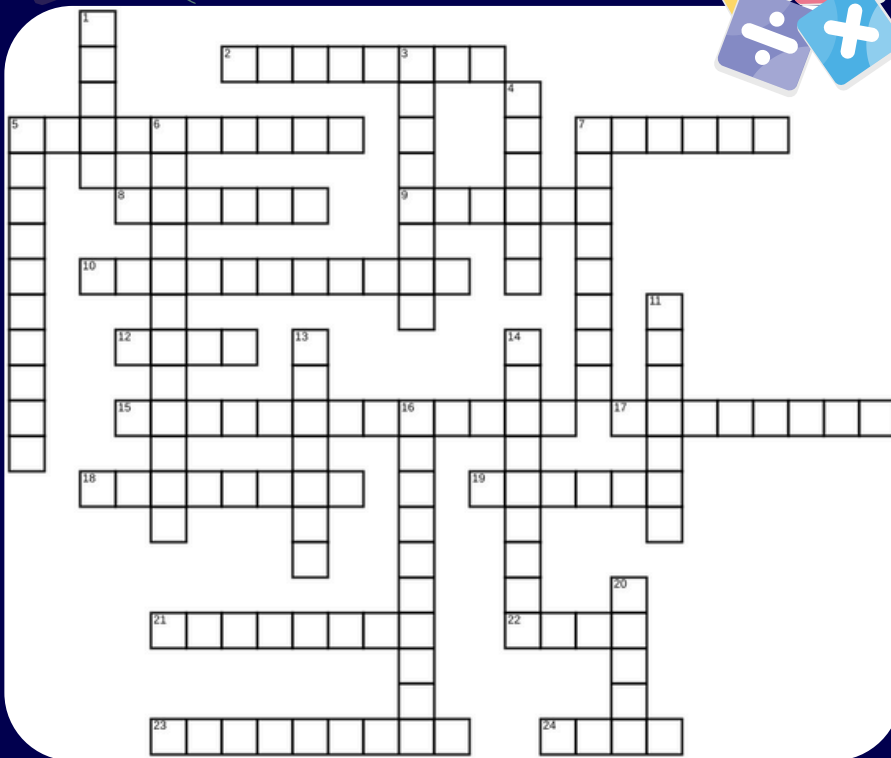
### GCSE

**BIOLOGY: MITOCHONDRIA**  
**CHEMISTRY: ELECTROLYSIS**  
**PHYSICS: MOMENTUM**

### ALEVEL

**BIOLOGY: ECOSYSTEM**  
**CHEMISTRY: THERMODYNAMICS**  
**PHYSICS: ANGULAR VELOCITY**

# March Maths Crossword



## ACROSS

2. The measure of steepness of a line on a graph.
5. The longest side of a right-angled triangle.
7. A number that divides exactly into another number.
8. A 2D shape where all points are equidistant from a centre.
9. The middle value in an ordered data set.
10. The likelihood of an event occurring.
12. The most frequently occurring number in a data set.
15. Lines that meet at a right angle.
17. A list of numbers following a pattern.
18. Lines that never meet, staying the same distance apart.
19. A quantity with both magnitude and direction.
21. A mathematical statement showing equality between two expressions.
22. The average of a set of numbers.
23. The total distance around a shape.
24. The amount of space inside a two dimensional shape.

## DOWN

1. A diagram representing values, often with axes.
3. A rough calculation or educated guess.
4. The distance from the centre of a circle to its edge.
5. A statement that can be tested, often in probability & statistics.
6. The study of angles and sides in triangles.
7. A relationship where each input has a single output.
11. The branch of mathematics dealing with symbols and rules for manipulating them.
13. A straight line that touches a curve at a single point.
14. A quadrilateral with one pair of parallel sides.
16. A set of values that show an exact position on a graph.
20. A measure in degrees between two intersecting lines.



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