# High Flyer Newsletter

Edition 18 July 2025





Holiday is here at last! Months of rigorous academic activities are coming to an end; ushering in a well-deserved period of rest, relaxation and rejuvenation. Everyone longs for this period, usually filled with a lot of recreational and adventurous activities, and so it ought to be.

Whilst it is normal to find many people switching off from their usual routines, I would encourage us not to switch off our minds but to engage daily in activities that aid the development of our minds. This has to be done on purpose, as the distractions of an activity-packed summer could cause us to lose sight of our most valuable resource.

We need to recognise and appreciate the resource from which each day is made - time. It is like a currency that is denominated in divisions or units. I call time the universal currency of life, divided into seconds, minutes, hours, days, weeks, months and years. Every living individual on Earth has an equal measure of each. It cannot be frozen, rewound or fast-forwarded; it is the most valuable but the least valued.

With this in mind, let us therefore make each day count by paying conscious attention to how we spend this currency (time) in each day, doing things that add value, even as we explore and enjoy this period. It requires conscious effort. Let us be deliberate about this.

## Spotlight on HH Tutoring

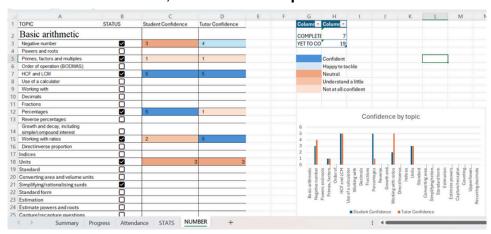
Through HH Tutoring we're passionate about helping every student reach their full potential. We offer high-quality 1:1 tuition in Maths, Biology, Chemistry, Physics, and Computer Science for students from Key Stage 3 to A Levels.

Our approach is tailored to each learner. We take the time to understand their goals, learning style, and areas for improvement, then create a personalised support plan that aligns with the curriculum and builds confidence step by step.

Whether it's mastering tricky topics, preparing for exams, or simply building stronger study habits, HH Tutoring is here to help. Our experienced tutors are dedicated to making a difference — one student at a time.

Stay tuned for our new feedback and reporting system which will put everyone involved on the same page.

For more information, email us at enquiries@hhesltd.com







Higher Heights Educational Services is now on Facebook, Instagram and X!

We're excited to connect with more and more people in new ways - sharing messages of inspiration to challenge, motivate and help you achieve. Stay in touch with all things Higher Heights.



**Higher Heights Educational Services** 



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Now on Linkedin!



### **KNOWLEDGE ZONE**



#### **ANSWERS FROM OUR LAST EDITION**

## Wordsearch

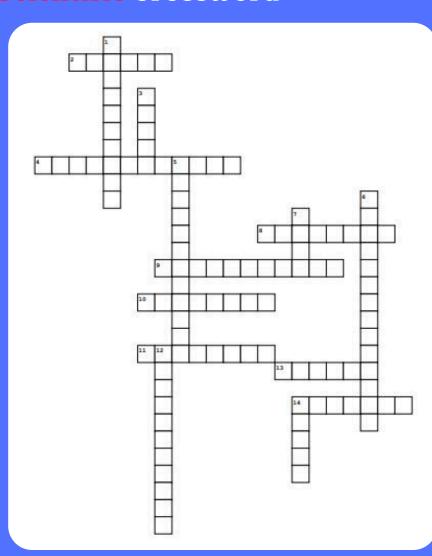
The word which didn't belong is stomata

These are tiny openings or pores found in leaves and stems that facilitate gas exchange between the internal air spaces of the leaf and the atmosphere.





#### **Scientific Crossword**



## Did you Know...

You are made up of about **7 octillion atoms** that's **7,000,000,000,000,000,000,000,000,000** tiny atoms helping you to move, think and grow!!

#### **ACROSS**

- 2. Sub-atomic particle found in nucleus with positive charge
- 4. The number of protons in an atom
- 8. Particle with a negative charge
- 9. The shape of DNA
- 10. Acids react with metals to produce this gas
- 11. The name for Newton's third law: "Every action has an equal and opposite \_\_\_\_"
- 13. Amount of space an object takes up
- 14. A force that pulls objects toward Earth

#### DOWN

- 1. Transfer of heat through direct contact
- 3. The pH of a neutral solution
- 5. Where aerobic respiration mainly happens
- 6. The process plants use to make glucose
- 7. The basic unit of life
- 12. Process by which liquids change to gas
- 14. Units of inheritance made of DNA

#### **Our Vision**

To create a virtual learning environment that fosters growth, confidence, and success as we challenge, motivate and help our students to achieve their set objectives.

#### **Our Mission**

To provide a comprehensive range of products and services designed to support both students and tutors in their educational journey.

#### **Our Core Values**

- \* Excellence
- ★ Integrity
- \* Responsibility
- Critical & Creative thinking
- \* Collaboration



## HIGHER HEIGHTS EDUCATIONAL SERVICES

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