

# PARENTS' NEWSLETTER

Fortnightly

Edition 12

June 7, 2024

## CELEBRATING MILESTONES AND PREPARING FOR IMPORTANT EVENTS

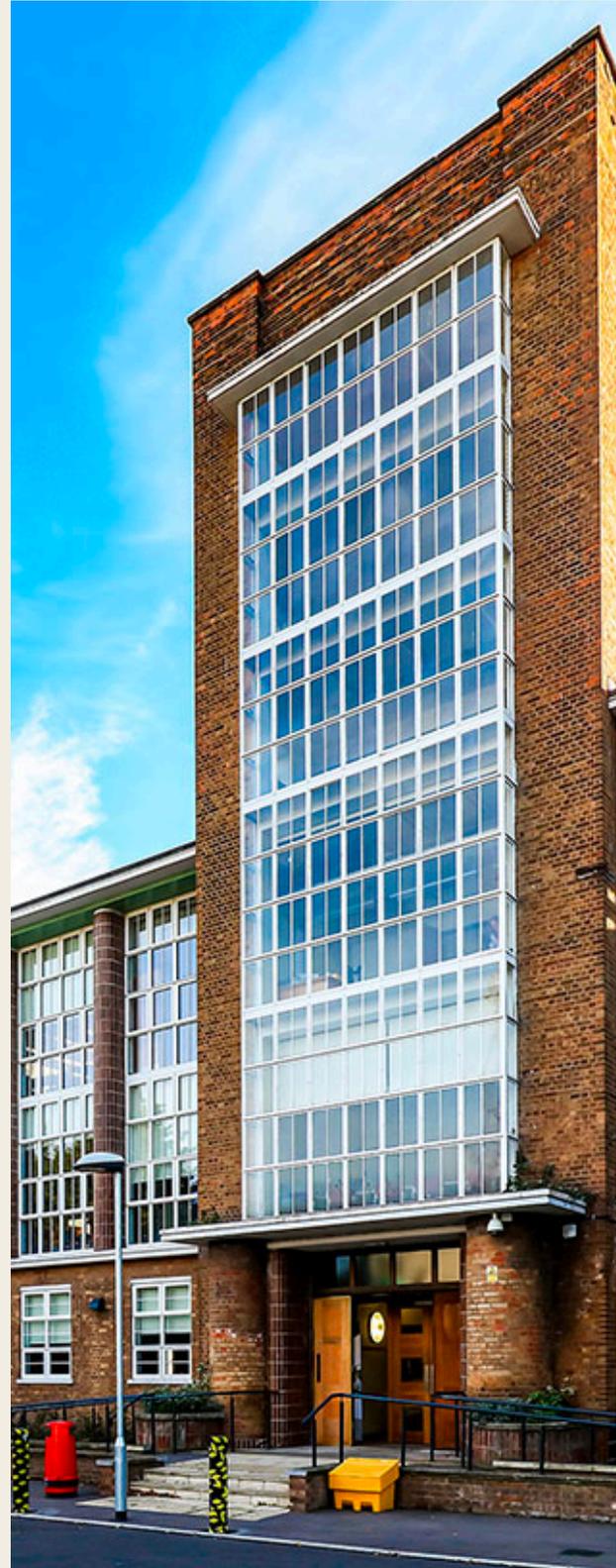
As we enter the last half term of this year, we look forward to celebrating several milestones and preparing for important events.

One of the highlights of this term will be saying farewell to our Year 11 students. As their journey at Heron comes to a close, we want to acknowledge their steadfast work over the years, their growth both academically and in maturity, as well as the many friendships they have made. Their journey will culminate in the bliss of their prom on the 28th of June, a fitting celebration of their time with us.

End-of-year exams for all other year groups will commence soon. All students should be preparing diligently for these exams. In this edition, you will find useful tips to help your child study effectively. These exam results will provide a clear indication of the progress your child has made this year, so it is crucial they take these assessments seriously.

Remember, teachers are always available to support your child in their exam preparation. Please do not hesitate to reach out for any assistance needed.

Thank you for your continued support as we navigate this important time of the year. We look forward to celebrating these milestones together.



*Keep up-to-date with  
upcoming events at HHA*



## *Upcoming Events*

*Wednesday, 19th June: Positive Role Model  
(male) Event*

*Friday, 28th June: Year 11 Prom*

*Friday, 5th July : Cultural Evening*

*4th - 5th July: Year 6 Transition days*

*Tuesday, 9th July: Sports Day*

*Friday, 19th July: Trip Day*

*Thursday, 25th July: Last day of the term*

*29th July - 2nd August: Year 6 Summer School*

### **Positive Role Model Event**

- Wednesday 19th June

### **Year 6 Information Evening**

- Wednesday 3rd July

### **Year 6 Transition Days**

- Thursday and Friday, 4th and 5th July

### **Cultural Evening**

- Thursday, 4th July

**SAVE**  
**the DATE**

# PARENT TEACHER ASSOCIATION (PTA) Meeting

A big thank you to all the parents who attended the PTA meeting on Friday, 7th June 2024. It was wonderful to see so many of you, especially our new Year 6 parents. They were introduced to the North Star Community Trust's Outreach Team and they explained their role and the services that they provide such as; the food bank, a hardship fund as well as help with uniform.



## Guest Speaker

Our guest speaker, Joanne, from the Enfield Youth services gave information about the summer programs in youth centres that the Enfield Council, Some programs will be held at Heron - more information in the next edition.

## Discussion Highlights

- Volunteers Initiative:

Volunteers (parents) are needed at the gates and on the high street to encourage students to make their way straight home and not congregate. If you are interested in volunteering, Please contact the main office.

- Bake Sale

In aid of the prom, a bake sale will be held this Friday morning, 14th June. Parents will be dropping off cakes on Thursday and Friday morning. If you are able to contribute, please bring your baked goods to the main office.

- Cultural Evening

Our much-anticipated Cultural Evening is fast approaching on the 5th of July. This event, which was a highlight last year, promises to be even more exciting. Please start thinking about what cultural dish you will be preparing for the event this year. Gazebos representing all the continents and their cuisine will be featured during the Cultural Evening.

- Parent Group on Signal

Parents who would like to join the parent group via the 'Signal' app can let the office know. More details will be included in the minutes, which will be sent to all parents this week.

Thank you for your continued support and involvement in our school community.

PTA Executive Board



## ***HERON HALL FOOD BANK: SUPPORTING FAMILIES IN NEED***

Through the dedication and generosity of our school community, we have expanded our storage facilities to accommodate a wider range of dried food goods, allowing us to provide assistance to more families in need.

The Heron Hall's Food Bank is centrally organized and operated from the main school office. However, we are especially proud to introduce a group of Year 9 student leaders who have taken on key responsibilities to ensure the smooth running of the food bank such as:

- Regular stock takes
- Organise for donations to be collected
- Keep the food bank stocked up with on date items
- Keep storage space clean and tidy.

We understand that times may be challenging for some families, and we want to assure you that support is available. If you believe that you could benefit from the services of the Heron Hall Food Bank, please do not hesitate to reach out to the school office. Your privacy and dignity will be respected, and all requests for assistance will be handled with care and confidentiality.



## ***HHA PTA ONLINE PRELOVED UNIFORM SHOP....COMING SOON***

We are excited to announce the upcoming launch of the Heron Hall Academy Online Preloved Uniform Shop, an initiative aimed at providing a convenient and sustainable solution for uniform needs within our school community.



The launch of the Online Preloved Uniform Shop aligns with our commitment to fostering a culture of sustainability and resourcefulness at Heron Hall Academy. It also reflects our dedication to supporting families by providing practical solutions to everyday needs.

In the meantime, you can purchase uniform by emailing the office at: [Heron@northstartrust.org.uk](mailto:Heron@northstartrust.org.uk)

<b>Preloved Uniform Item</b>	<b>Price</b>
<b>Blazer</b>	<b>£10</b>
<b>Jumper</b>	<b>£5</b>
<b>Shirt</b>	<b>£5</b>

## ***HERON HALL SIXTH FORMERS SHINE IN ENFIELD YOUNG LECTURERS PROGRAMME***



*Heron Hall Sixth Formers have been actively participating in a six-week programme with Enfield Young Lecturers. Dedicating their time after school, these students met as a group with an external provider to work through, organize, and present their own action citizenship presentation.*

*Mr. Angeletos, Head of Year 12, expressed his pride in the students, stating: "We are very proud of our students as they worked hard over a long period of time and developed their communication, teamwork, and leadership skills. On the final day, they presented their own chosen topics in an articulate and professional manner. Congratulations to everyone involved."*

*This programme not only provided our students with an opportunity to deepen their understanding of citizenship but also allowed them to enhance essential life skills. Their dedication and hard work are commendable, and we are thrilled to see them succeed.*

*Well done to all the Sixth Formers who participated.*

# SUPPORTING STUDENTS AT HOME

There are lots of ways parents can support students with their education at home. In each edition of the Heron Hall Newsletter we will try to provide some useful information to help you help them.

## Parent tips: Diversity!



At Heron Hall School, we like to celebrate the diversity of our community as an inclusive comprehensive school. During the month of June, we recognise that the LGBT community celebrates diversity in a number of different ways across the globe, including Pride celebrations, and various events are held during this month as a way of recognising the influence such a diverse community has around the world.

Why was June chosen? Because it is when the Stonewall Riots took place, back in 1969. As well as being a month long celebration, this month is also an opportunity to peacefully protest and raise political awareness of current issues facing the community. arcades are a prominent feature of the month, and there are many street parties, community events, poetry readings, public speaking, festivals and educational sessions all of which are covered by mainstream media and attracting millions of participants.



Celebrating its 40th year, Heritage of Pride | NYC Pride announces the official theme for 2024, "REFLECT. EMPOWER. UNITE." The theme was selected to highlight the importance of the NYC Pride March as the intersection for Queer liberation and joy, is "Peace, Love Revolution."

continue.....

# SUPPORTING STUDENTS AT HOME CONT

At Heron Hall this week our students will be learning about the beginnings of Pride, why we celebrate our LGBT community and why it is important to be a good ally.

## What can you do?

There are several ways you can explore Diversity and Pride at home and find out more about what it is and why people celebrate it.



**A fantastic place to start is Stonewall, a charity which provides information and resources on the LGBT community. Click the link below to explore what Stonewall stand for, its rich history and how we can best support the community. [Click link to access]**  
**<https://www.stonewall.org.uk/what-we-stand-for>**

**UCL one of London's Russell Group Universities have issued a article listing and explaining the ways we can become LGBTQ+ allies. [Click link to access]**

**This group of students demonstrated excellence, determination, resilience and independence to achieve this success and we are enormously proud of them. Our students have walked away from the programme more inspired than ever and shared in their graduation speech that this experience has 'raised our aspirations and contributed to the very fabric of our lives'.**

**Another fantastic resource is a charity called Just Like Us. Why not listen to one of the podcasts or FAQs available for parents and carers - [Click link to access].**  
**<https://www.justlikeus.org/blog/>**

**Another fantastic link to try is PRIDE in London. This is where you will find the latest news, announcements and volunteering opportunities. [Click link to access]**  
**<https://prideinlondon.org/>**

# CULTURAL EVENING & ART EXHIBITION

*It's that time of year again – the highlight of our school calendar: the Cultural Evening and Art Exhibition. This year's event promises to be bigger and better than ever, showcasing over 48 art pieces and sculptures created by our talented students.*



*We invite all parents to join us in making this event a true celebration of our school's diversity. As part of the evening, we aim to represent cuisines from all countries and ethnicities. This is your chance to shine by sharing your unique culinary traditions with our school community.*

*The event will feature displays of different countries organised by the seven continents, and we will highlight customs through games, music, and other activities representative of each continent. To bring this vision to life, we need your help. The PTA is looking for parents to contribute to what promises to be the event of the year.*

*This event will be promoted within the school, and students will be encouraged to ask you to support us. Your participation and support are essential in making this Cultural Evening and Art Exhibition an unforgettable experience for everyone.*

*Thank you for your continued support and enthusiasm. We look forward to celebrating our diverse cultures together.*

# YEAR 12 MOCK EXAMS

Year 12 students will sit their end of year mock exams the week commencing Monday 24th June – Friday 5th July. The final end of year exams will provide an opportunity to celebrate the learning, hard work, and progress that students have made throughout Year 12.



The mock exams will allow teachers to track student progress and identify what level students are currently working towards within that subject area.

Teachers will be able to use this information to then target specific areas of the course that students may require more support with, or to create individualised learning plans for each student to enhance their strengths and further address their areas for development.

The grades received from these examinations will additionally allow teachers to use them as a guide to begin to write students' references for University.

# Supporting Your Child Through Exams

As parents, we understand the whirlwind of emotions that come with supporting our children through their GCSEs. The stress, the worry, the feeling of helplessness—it can be overwhelming at times. But fear not, for there are ways we can support our children through this challenging period while maintaining our sanity. Here are seven practical ways to navigate the exam journey alongside your child.

**Study timetable:** No one wants exams dates to come as a surprise! It's a good idea to help your child to make a timetable that incorporates key dates. As well as the exam dates themselves, your child should work out how much time should be spent studying their subjects. Each subject should get its fair share of study time, but if there are weaker or stronger ones it may be OK to allocate time accordingly. It's helpful if the timetable is broken down into short, regular study periods - these are much better for retaining the information than one-off cramming sessions which last hours. Any timetable worth its salt will definitely include breaks and treats! Brains and bodies need a rest - this will actually help to absorb all that information and rewards are a great way to create targets to work to.

**Family Calendar:** Plan your family events and holidays around your child's exam schedule. Avoid booking trips during crucial study periods, such as the half term before exams. Consider scheduling a well-deserved holiday post-exams to celebrate their hard work.

**Study Spaces:** Discuss with your child where they prefer to study and help them create a conducive environment. While bedrooms are common study spots, consider alternative locations like the kitchen table or a local library to minimise distractions.

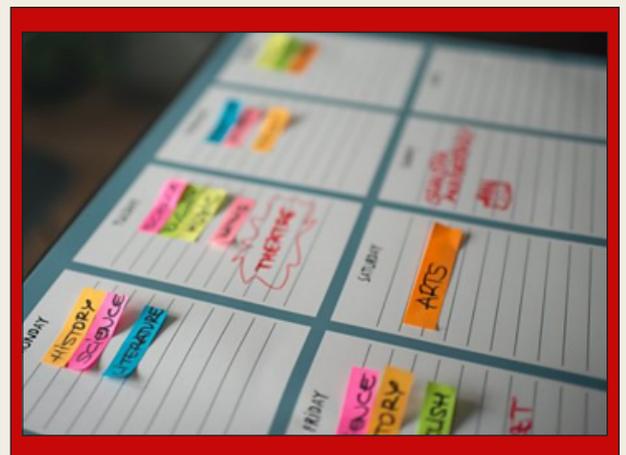
**Taking an Interest:** Find moments to engage with your child about their studies, but respect their boundaries. Some may welcome discussions, while others prefer privacy. Use casual activities like driving or walking the dog as opportunities for conversation.

**Offering Help and Support:** Let your child know you're there for them, whether it's for testing, talking to teachers, or sorting out problems. Be supportive without being overbearing, allowing them to take the lead in seeking assistance.

**Routines:** Establish consistent routines at home to support your child's study habits. Set meal times, bedtimes, and allocate time for relaxation and activities. Consistency fosters discipline and helps them manage their time effectively.

**Managing Distractions:** Address screen time early on and establish clear rules and routines. Involve your child in setting boundaries around phone and gaming use, ensuring they understand the importance of balance during the exam season.

Remember, finding the right balance between support and independence can be challenging, but trust in your instincts and your child's resilience. Together, you can navigate this journey with positivity, understanding, and unwavering support.



## *Year 11 Prom - MASQUERADE BALL*

As the academic year progresses, we find ourselves approaching a significant milestone, the culmination of five years of hard work, growth, and unforgettable memories with our Year 11 students.

It is with great excitement that we announce the upcoming Year 11 Prom, a celebration marking the end of an era and the beginning of new adventures. The prom will be taking place on Heron Hall's premise on Friday 28th June, 2024.



Prom promises to be a memorable evening filled with laughter, dancing, and camaraderie, set against the enchanting backdrop of our Masquerade Ball theme.

To ensure the success of this event, we kindly ask for your support in our fundraising efforts. Our students are actively working towards covering the costs associated with Prom, and any contributions in the form of funds, food, or decorations would be greatly appreciated. If you would like to contribute in any way, please reach out to Madam Chalmers at [cchalmers@northstartrust.org.uk](mailto:cchalmers@northstartrust.org.uk).

More details regarding ticket purchases and event timings will be provided in the near future. We look forward to celebrating this milestone with our Year 11 students, as we bid farewell to one chapter and eagerly anticipate the next.

Thank you for your continued support.



## TUNE UP! DOUBLE BASS

### ENFIELD MUSIC SERVICE

To encourage more pupils to learn to play the Double Bass, Enfield Music Service are offering new pupils fully funded lessons for the Spring and Summer terms at our after-school centre. Parents/carers only need to pay for instrument hire (£40 per term) until September 2024.

We're running taster sessions on **Monday 29th January** for pupils to find out more about the instrument and try playing one to see if they'd like to learn:

#### For primary school pupils in Years 4, 5 or 6

4:30 - 5:00pm

5:00 - 5:30pm

#### For secondary school pupils

5:30 - 6:00pm

6:00 - 6:30pm

Sessions will take place at  
**Enfield County Lower School**  
Rosemary Avenue, EN2 0SP

To book a spot, please email  
[robert.domingue@enfield.gov.uk](mailto:robert.domingue@enfield.gov.uk)



# WELLBEING



## TfL Cycle Sundays - leisurely bike routes for the weekend

TfL's new active travel initiative is intended to create a 'social movement' for cycling which helps Londoners associate Sundays with going out for a cycle on quieter paths and roads. It targets all non-cyclists and lapsed cyclists in London who are open to cycling, to give cycling a go. [TfL Cycle Sundays](#) provides them with the tools to get cycling including a choice of leisurely cycle routes suitable for beginners, free cycle training, safety tips, offers and cycling discounts. TfL is offering a Santander Cycles Day Pass unlimited 30-minute cycle rides every Sunday to 30 June.

### Early Help Directory

Welcome to 'Enfield's Early Help Directory 4 All' This directory brings together local and national services to support children, families, community members...



## Grief Café by North London Hospice

Don't Suffer alone. If you or someone you know has lost a loved one, North London Hospice is hosting a [Grief Café](#) for mutual support and connection for the bereaved. Come for a cuppa, a slice of cake and a safe space. This event is supported by trained volunteers, the Grief Café is free of charge and open to anyone grieving the death of a relative or friend. Open from 9:30am to 11am on the second Tuesday of every month at Enfield Town Library EN2 6AX.

# YOUNG PEOPLE...NEWS



## Expert help for wellbeing during exam periods

Thousands of students around the borough are sitting exams and we know it can be a stressful time. To help manage stress levels and ensure good mental health, there are some resources online, from community groups to anonymous counselling services. Online wellbeing community for young adults, [Kooth](#) offers lots of advice about managing emotions and creating helpful habits. The charity [Mind](#) offers lots of tips and signposts to support. You can also follow Enfield Council's #EnfieldAchieves campaign on social media, which aims to support schools and students during exam periods and to celebrate their successes.



## New interactive game to play in Edmonton

Are you up for an interactive, outdoor challenge? [Sign up to Beat the Street](#) which is coming to Edmonton from 12 June to 24 July. Set up your own leader board and for six weeks compete with other schools and families by earning points as you walk, cycle, or wheel between Beat Boxes scattered across the area. The more Beat Boxes you find, the better chance of securing a prize. All the information is available on the [Beat the Street Edmonton website](#). Make sure you sign up and follow Beat the Street Edmonton on Facebook and X too. Good luck!



### Early Help Directory

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[Early Help Directory](#)



## Our Voice drop-in service

For parents/carers of children & young people aged 0-25 with Special Educational Needs/ Disabilities

### At the Ponders End Family and Youth Hub



Join members of the Our Voice team for our regular drop-in sessions at the Youth and Family Hub in Ponders End.

<b>Wednesday 5<sup>th</sup> June</b>	10 am – 12.30 pm
Drop in for coffee and a chat	
<b>Wednesday 3<sup>rd</sup> July</b>	10 am – 12.30 pm
With members of the Speech and Language team	

See the [Our Voice events page](https://www.ourvoiceenfield.org.uk/events) for more information and further dates.

<https://www.ourvoiceenfield.org.uk/events>

Our Voice is the official parent carer forum supporting the families of children and young people aged 0 -25 years with Special Educational Needs or Disabilities, living or attending school in the London Borough of Enfield. We are not part of the Local Authority but we work with them to improve services for the families that we represent.

**Ponders End Youth and Family Hub**  
129, South Street, Enfield,  
EN3 4 PX  
(next to Oasis Hadley Academy)

**Drop in – no need to book**

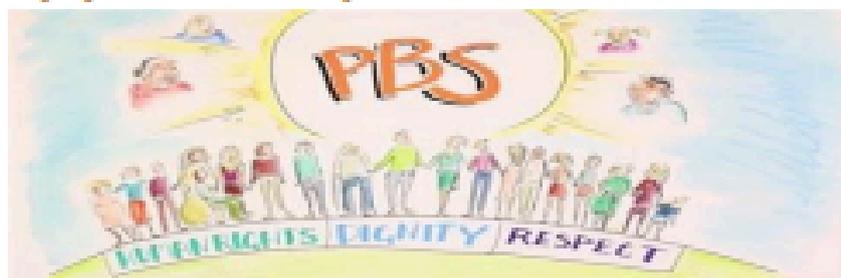


An opportunity to talk to one of the parent carers from the Our Voice team about any questions you may have, and to chat with other parents of children with additional needs.

Our Voice



# Introduction to Positive Behaviour Support for parents and carers



This workshop, organised by **Our Voice Parent/Carer Forum** and **Enfield's Joint Service for Disabled Children**, is for all parents and carers of children and young people (0-17) with special educational needs and/or disabilities living in Enfield.

The training aims to provide an understanding of Positive Behaviour Support, to help families to prevent and manage behaviours of distress, by creating an environment where the behaviour is no longer needed and so to improve the quality of life for their child or young person and the whole family. We will look at how families can work with the network of people around their child or young person (such as staff at their school or social care environments) to enable a consistent approach that encourages engagement in education and the community.

The training is delivered by expert Our Voice team members with lived experience and promotes strength-based approaches and a truly person-centred approach.

**Dates:**

- 22<sup>nd</sup> May 2024
- 12<sup>th</sup> June 2024
- 26<sup>th</sup> June 2024

**You only need to attend one session.**

**All sessions are 10 am – 12 pm at Cheviots, 31 Cheviot Close, Enfield, EN1 3UZ**

[Book your place at](#)

<https://OV-PBS-intro.eventbrite.co.uk>

If you require an interpreter and/or childcare to support you to attend this training please state this in your booking form.



Scan QR code to book

**Our Voice will also be supporting professionals from the Cheviots team at drop-in sessions where you can discuss specific questions regarding your child's behaviour. See details on our website at <https://www.ourvoiceenfield.org.uk/events>**

# FINANCIAL HELP



## Extension to Household Support Fund announced

A six-month extension to the Household Support Fund (HSF) has been confirmed by the government in the Spring Budget. More than 170 councils in England had called for the Chancellor of the Exchequer to extend the household support fund which was due to cease at the end of March, including Enfield Council. Enfield Council was concerned that without the HSF extension, families risked falling into crisis, homelessness, and poverty. Information on how the HSF works and the eligibility criteria can be found [on Enfield Council's website](#), which will be updated as more information is confirmed.



### Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping expand your social network and build your confidence. Being part of a club not only helps yo...

[Early Help Directory](#)

# Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

## shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

## SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support  
Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

## Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources [here](#)

## PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

## childline

ONLINE, ON THE PHONE, ANYTIME

Childline confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

# Urgent and other support available

## Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

## THE MIX

The Mix provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

## Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

## kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine