

# PARENTS' NEWSLETTER

Monthly

Edition 22

March 31, 2025

## YEAR 11 & 13: FINAL PREPARATIONS FOR EXAMS

Year 11 and year 13 students have just completed their final mock exams ahead of their public exams, which begin on 6th May. They demonstrated great dedication throughout the mock period, and many have seen the rewards of their hard work, achieving excellent grades in their mocks.

With only **18 school days** remaining before their exams, most Year 11 students are working incredibly hard both in and out of lessons, determined to achieve their best.

Many Year 13 students have received offers from Russell Group universities (see page 11 for details) and are now focused on securing the grades they need for their chosen courses in September.

As exams approach, we recognise that this can be a stressful time for students. We encourage parents and carers to support their child during this period—see page 10 for helpful tips on managing exam stress. Your encouragement and reassurance will be invaluable in helping them stay motivated and confident.

Year 11 students are also looking forward to their Prom in June, which will mark the end of five years of secondary school. Over the years, they have built lasting friendships and unforgettable memories, and this event will be a wonderful way to celebrate their journey together.

As the term draws to a close, the Heron Hall family wishes you a peaceful and restful Easter break. We look forward to working with you next term.



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



## Upcoming Events

- *7th - 18th April: Easter Break*
- *Monday 21<sup>st</sup> April: Bank Holiday*
- *Tuesday 22<sup>nd</sup> April: Inset Day#*
- *Wednesday 23<sup>rd</sup> April: 1st day of the Summer Term*
- *Monday 5th May: Bank Holiday*
- *Tuesday 6th May: PTA AGM Meeting*
- *Tuesday 6th May: Public exams commence*
- *Thursday 8th May: Y8 Parents' Evening*
- *26th May - 30th May: May Half Term*
- *6<sup>th</sup> June: Sports Day*
- *10<sup>th</sup> June: PTA Meeting*
- *4<sup>th</sup> July: Cultural Evening*
- *18<sup>th</sup> July: Last day of term*



- *Tuesday 22nd April  
- INSET Day*
- *Tuesday 6th May  
- PTA Annual General Meeting*
- *Thursday 8th May  
- Year 8 Parents' Day*

## *PTA Annual General Meeting – Join Us!*

Our PTA Annual General Meeting (AGM) will be taking place on Friday, 10th May from 9:30am – 10:30am. This event serves as a pivotal moment for our community to unite and engage in discussions vital to our school and our children's education.

During the AGM, we will reflect on the achievements of the past year, outline exciting upcoming events and initiatives, and crucially, elect new PTA representatives. Your active participation and valuable insights are integral as we endeavour to cultivate the most enriching environment for our children's growth and development.

We urge all parents to mark their calendars and join us for this significant meeting. Together, we possess the power to enact positive change within our school community, ensuring a bright future for our children.

Lastly, we extend our heartfelt gratitude to the outgoing executive body of the PTA for their dedication and service over the past year. We wish them all the best in their future endeavours.



## *World Book Day Week: A Celebration of Reading and Creativity!*

Heron Hall came alive with the joy of reading as we celebrated World Book Day Week from 3rd to 7th March. This incredible event was a true testament to the power of books, creativity, and imagination.

The week began with inspiring assemblies led by Mr. Ashcroft and Madam Blackwell under the theme "Read Your Way." Their engaging presentations encouraged students to explore new literary worlds and discover the magic of storytelling.

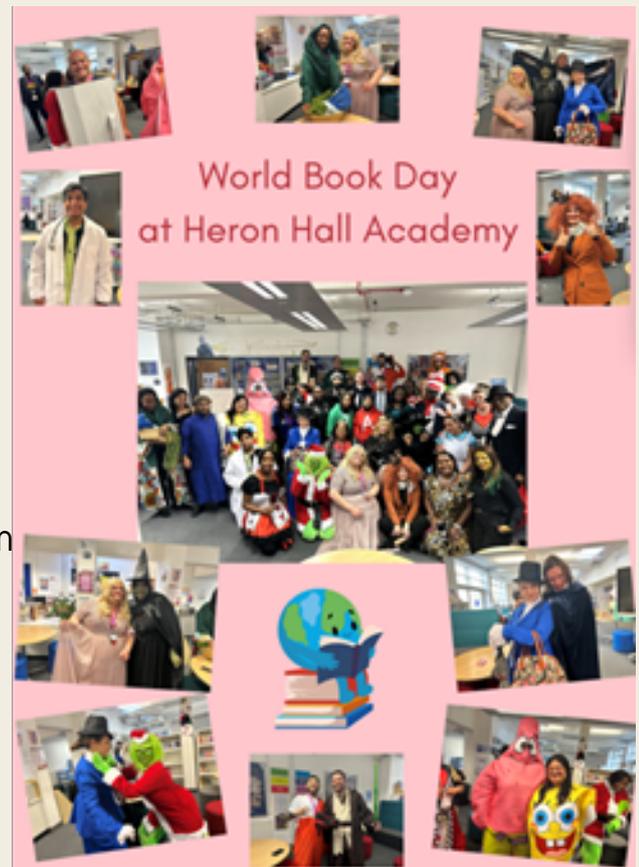
The excitement truly ignited on World Book Day itself, (Thursday, 6th March) kicking off with a thrilling whole-school Spelling Bee. This set the stage for a week packed with literary fun, including a delightful challenge where students spotted and guessed the book characters portrayed by our enthusiastic staff. Teachers and staff embraced the occasion wholeheartedly, donning fantastic costumes that brought beloved book characters to life.

During lunch, students had the chance to vote for the best-dressed staff member, and the winners were:

- **1st Place – Madam Ali**
- **(Library Assistant) as Elphaba from Wicked**
- **2nd Place – Madam Blackwell (Librarian) as Glinda the Good Witch**
- **3rd Place – Mr. Olayebo (Design Technology teacher) as The Cat in the Hat**

Beyond the fun of costumes and competitions, students were also able to collect free World Book Day books from the library, sparking their enthusiasm for reading even further. Another highlight was the "Who Is Behind the Book?" competition, which kept students engaged as they attempted to identify hidden readers.

Overall, World Book Day Week was a resounding success! It brought our school community together in a joyful celebration of literature, creativity, and the magic of storytelling. We hope this event has inspired students to continue their reading adventures long after the week has ended.



## *Heron Hall Academy Shines in Robotics Competition*

The final robotics competition was an exciting and challenging event, showcasing our students' dedication, engineering skills, and teamwork. Held at Bedford Prep School, ten students from Heron Hall Academy represented our school with pride.

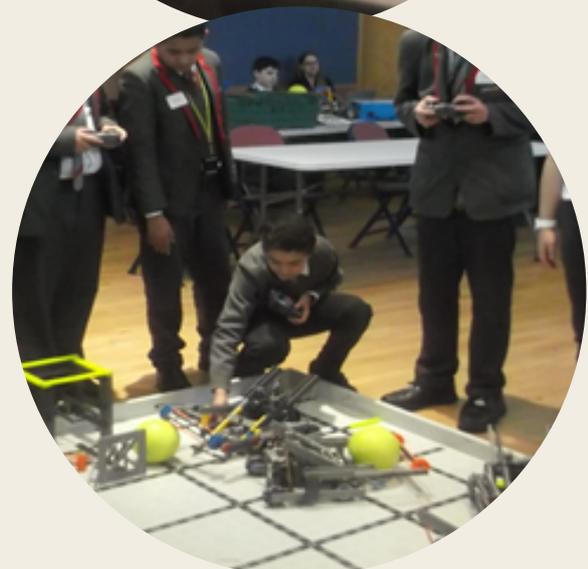
Divided into four teams—HHA Falcon, HHA Static, HHA AMA, and Superstar—they worked tirelessly to design, build, and program their robots.

While competing separately, they demonstrated remarkable collaboration, assisting each other with troubleshooting and refining their designs.

The tournament featured multiple stages, including qualification rounds, knockouts, and the final stage. Competing in eight intense rounds, our students showed resilience, adaptability, and strategic thinking. Their ability to implement quick technical fixes played a key role in their success.

After a series of competitive matches, our school secured **second place** overall—a testament to the students' exceptional problem-solving and engineering abilities. As a result of their outstanding performance, Heron Hall Academy has been chosen to host the next robotics tournament, a significant honour that highlights our growing reputation in STEM education.

This experience has been invaluable for our students, reinforcing teamwork, creativity, and perseverance. We look forward to building on this success and preparing for the next competition, where we aim to achieve even greater results.



## *Creative Connections: A Celebration of Art & Family*



On Friday, 28th March, the Art and Design department hosted an inspiring Creative Connections workshop for Year 10 and 11 students and their families. Led by Head of Art, Leah Knightley, the event aimed to provide insight into the GCSE Art curriculum, highlighting its creative, engaging, and diverse aspects. It also served as a platform for students to showcase their current projects and share their artistic journey with their loved ones.

Students and their families explored their creativity in a fun, hands-on environment, working with a variety of materials to produce unique artworks within 90 minutes. With over ten impressive pieces created, parents gained a deeper understanding of the GCSE Art curriculum while enjoying quality time with their children.

The event was a great success, fostering creativity, collaboration, and appreciation for the arts. We will be hosting another event in the summer term, thus providing more opportunities for families to engage with this creative process.



## *Heron Hall Academy: Working Towards Becoming a UNICEF Rights Respecting School*

At Heron Hall Academy, our students are at the heart of everything we do. We are committed to creating a safe, supportive, and inspiring environment where every child is valued, respected, and empowered.

As part of this commitment, we are working towards becoming a UNICEF UK Rights Respecting School—an initiative that will further embed the principles of equality, dignity, and participation into daily school life.

To help us progress to the next stage, we will be inviting staff and students to complete a questionnaire, ensuring that their voices are heard in shaping this important journey.

Find out more in our letter to parents here:

<https://www.heronhallacademy.org.uk/file/67ab57127194f>



## *Heron Hall Celebrates Success at the Jack Petchey Awards*

Heron Hall Academy was proud to take part in the recent Jack Petchey Foundation Awards for Enfield schools and clubs, celebrating the achievements of outstanding young people.



Two of our three student winners attended the event to receive their Jack Petchey Achievement Awards, which honour students who have made a positive impact in school or the wider community.

Also representing Heron Hall was our very own Will O'Mahoney. Will received a prestigious Adult Leader Award in recognition of his incredible commitment and support to our students.

Reflecting on the evening, Will shared:

*"It was such a lovely event, so well organised and full of inspiring young people. I felt very proud to be there representing Heron Hall."*

A huge congratulations to all our award winners—we are incredibly proud of you.



## *Years 11 and 13 -Easter Interventions*

We will be running several intervention sessions to support our year 11 students in preparation for their GCSE exams. Many of the sessions will support your child's performance in the mock exams, which run until Friday 1st March. You have previously been sent your child's individual mock exam timetable.

Subject teachers have selected students to ensure they are on track and will meet their target grades and, as such, it is highly advised that the students attend their given session or sessions. Your child's intervention timetable will be visible on Arbor by the end of this week, indicating which sessions they should attend. This indicates what sessions they are invited to attend. You will receive a separate email and/or text with the specific session(s) your son/daughter should attend. Please make a note of these. The intervention sessions are not open to all students as they are targeted. If you have any queries about attendance to these intervention sessions, please call the school or email [cdwalters@northstartrust.org.uk](mailto:cdwalters@northstartrust.org.uk).

**Morning sessions run from 10am - 12pm** and **afternoon sessions run from 12.30pm - 2.30pm**. If your child has both a morning and an afternoon session on the same day, a 'grab and go' lunch will be provided as the canteen will not be open.

Students will need to bring all the normal equipment for a school day:

- Pens, pencils, calculator and any other stationary.
- Exercise book/folder; revision resources as advised by the subject teacher.

Students do not need to wear full uniform, but they do need to be in smart-casual attire and ready to learn. A positive attitude and good behaviour are essential to the success of the sessions.

Students should arrive 10 minutes prior to the start of their session and should leave the school site as soon as their intervention session has finished. If they have a session in the morning followed by another in the afternoon, they will leave the school site at the end of the afternoon session.

## *Supporting Your Child During the Exam Season*

Tests and exams can be a challenging time for children, young people, and their parents or carers. However, there are effective ways to help ease the stress and support your child through this period.

### **Recognising Signs of Stress**

Children and young people under stress may:

- Worry excessively or feel tense
- Experience headaches or stomach pains
- Struggle to sleep well
- Become irritable or moody
- Lose interest in food or overeat
- Withdraw from activities they previously enjoyed
- Feel negative, hopeless, or overwhelmed



### **How You Can Help**

- Be a listening ear: Encourage your child to share their worries. Talking to a parent, tutor, or study buddy can help them put things into perspective.
- Connect with school staff: If your child feels overwhelmed, encourage them to talk to a trusted teacher or staff member. If you're concerned about how they're coping, don't hesitate to reach out to their teachers for additional support.
- Involve your child: Work together to create a manageable revision plan that balances study time with breaks and relaxation.

By providing reassurance, encouragement, and practical support, you can help your child navigate the pressures of tests and exams with confidence. Remember, their wellbeing is just as important as their academic success.



# Year 13 UCAS News



On 31st January 2025, our Sixth Form students received invaluable insights on student finance, university bursaries, and maintenance loans from City University. This informative session equipped them with the knowledge needed to confidently navigate the financial aspects of higher education.

Mr. Angeletos, Head of Year 13, shared his pride in our students' dedication: *"Our current Year 13 students have been working incredibly hard in the past few weeks applying to university for September 2025 entry. Their commitment has truly paid off, as they have received a record number of university offers from Russell Group institutions. We are all very proud of them."*

At Heron Hall Academy Sixth Form, we take pride in providing:

- Exceptional University and Career Guidance – We offer personalised UCAS support, interview preparation, and work experience opportunities to help students make informed decisions about their futures. This includes bespoke sessions from City University on personal statements and student finance, as well as support from Oxford University for competitive applications.
- Outstanding University Offers – Our students have received offers from Nottingham, Leeds, Queen Mary, Southampton, Brunel, Hertfordshire, City, St George's, UEL, Surrey, Kingston, Warwick, Westminster, Cardiff, Exeter, Leicester, UCL, Greenwich, and more.
- Diverse Degree Opportunities – Students have secured offers in a wide range of fields, including **computer science, biomedical science, counselling, criminology, nursing, midwifery, language therapy, childhood studies, actuarial science, business and management, marketing, law, radiography, optometry, microbiology, genetics, aeronautical engineering, chemical engineering, cyber security, accounting and finance, paramedic science, and film studies.**

We are incredibly proud of our Sixth Formers and their achievements, and we look forward to seeing them excel in their university journeys.

## *Mental Health Program for Sixth Form*

On Friday 7 March, we welcomed back James from Choices Education to complete the Mental Health Program he started before Christmas.

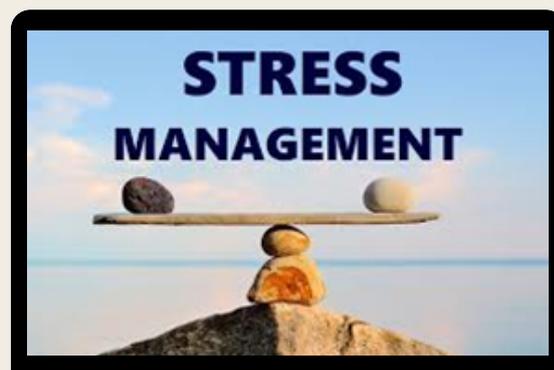
After the two sessions James left our students with a clear understanding of the following:

- How to manage and reduce their stress levels
  - How to set up and maintain an exercise habit
  - How to attain high quality and consistent sleep
  - How to prioritise people and social connection
  - How to build and maintain a positive habit
  - How to manage study, school pressures and mental health
  - Where to go to seek help for mental health issues.



Our students were given a simple formula (daily 5 choices) that they could follow with the overriding message being “when it comes to looking after your mental health and wellbeing it is not what you do once that matters, it is what you do consistently”.

James was engaging and built an instant rapport with our students. Most importantly the messages he gave were relevant, important and simple to follow.



## *Year 12 Students Gain Exclusive Industry Insights with SEGRO*

Following the success of the recent Sixth Form careers programme workshop with SEGRO, a select group of Year 12 students were invited for an exclusive 'insight visit' to gain firsthand experience of the professional world. SEGRO, a leading UK Real Estate Investment Trust (REIT), owns, manages, and develops modern warehousing and industrial properties. During the visit, students had the unique opportunity to meet with representatives from WWE and the Metropolitan Police, broadening their understanding of diverse career paths.



Accompanied by Madam Blackwell, the school's librarian, students were given an exclusive tour by Davey Coates, WWE's international production manager. They explored wrestling rings set up for upcoming try-outs and examined iconic props from past and present WWE events. Davey shared fascinating career insights, recounting his experiences working with legendary figures such as the Rolling Stones, Eric Clapton, and Dwayne "The Rock" Johnson. Our students engaged enthusiastically, asking insightful questions about the role of a production manager in such a dynamic industry. The visit continued at the Metropolitan Police warehouse, where students learned about the evolution of policing while still upholding Sir Robert Peel's founding principles. They explored police equipment, including riot gear, shields, batons, tasers, and pepper spray. The police team welcomed questions before giving students the chance to sit inside a police van and experience the conditions of a police cell and riot van first hand.



Madam Blackwell praised the students, stating:

**“Our students demonstrated enthusiasm, drive, and maturity throughout the day, making it a memorable and enriching experience for everyone involved. They were a true credit to the school. Well done, Year 12.”**

This visit provided invaluable insights into a range of career opportunities, leaving our students inspired and eager to explore their future paths.

## *Year 12 Students Shine at Greece MUN Conference*

During the half-term break, Madam Chalmers and Madam Araale had the privilege of accompanying three Year 12 students to Greece for an enriching Mock United Nations (MUN) conference.

Over the course of the event, our students actively participated in debates, drafted resolutions, and collaborated with peers from Greece. They demonstrated impressive diplomacy, public speaking, teamwork, critical thinking, and research skills—key attributes for future global leaders.

Their dedication and performance were truly commendable, and they represented the school with pride. This experience has undoubtedly broadened their perspectives and strengthened their confidence in tackling complex global issues.

We look forward to seeing more students take part in similar opportunities in the future.



## *Biology in Action Conference*

The Year 12 Biology class recently attended the Biology in Action conference, where they had the opportunity to hear from specialists across various fields.

One of the highlights was a session on exam success, delivered by the Head of Biology at Primrose Kitty. The mini presentations were both thought-provoking and inspiring, sparking curiosity and discussion among our students.



Our students were proactive in taking notes and asking insightful questions demonstrating their enthusiasm for learning. They represented our school exceptionally well, showcasing their commitment to academic excellence.



## *Introducing 'The Forward Thinkers Podcast'*



In addition to their academic pursuits, a group of Year 12 students have launched The Forward Thinkers Podcast—a podcast by students, for students. The podcast explores innovative ideas and inspiring stories that shape our future.

With plans to interview professionals from diverse sectors, the students aim to uncover different pathways to success, from university and apprenticeships to unique career opportunities and entrepreneurial ventures.

We are incredibly proud of our students' curiosity, ambition, and drive to inspire others. Stay tuned for their upcoming episodes.

## *Stay Connected with the Arbor App*

The Arbor App is a convenient way to stay updated with your child's school activities. Through the app, you can receive important messages, track attendance, and update personal information, including consents.



### **How to Download the Arbor App**

Download the Arbor App from the App Store or Google Play using the links below:

- Download for iOS (Apple iPhone/iPad).
- Download for Android (Google Play Store).

Use the email address your child's school has on file for you. If you haven't been provided with a password or have forgotten it, simply click the 'Forgotten your password?' link on the login page to receive a reset password email—no need to contact the school for a new password.

### **Managing Notifications**

To receive important updates from the Arbor App, please ensure that notifications are enabled in your phone's settings.

#### **If you stop receiving push notifications, follow these steps to restore them:**

1. Close the Arbor App completely (ensure it's not running in the background).
2. Go to your device settings and switch OFF push notifications for the app.
3. Restart your phone.
4. Return to settings and switch ON push notifications for the app.
5. Restart your phone again.

You should now receive notifications as normal.

The Arbor App keeps you informed and connected with your child's school journey—download it today.

## Navigating Exam Nerves: Supporting Your Child Through Testing Times

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 towards.



**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.



## *Anxiety disorders in children and adults:- Generalised Anxiety Disorder cont*

### **Causes of generalised anxiety disorder cont.**

- having a history of stressful or traumatic experiences, like domestic violence, child abuse or bullying
- having a painful long-term health condition, like arthritis
- having a history of drug or alcohol misuse

However, many people develop GAD for no apparent reason.

Treating generalised anxiety disorder  
GAD can have a significant effect on your daily life. There are several different treatments are available that can help.

These include:

- talking therapies – like cognitive behavioural therapy (CBT).
- medication – like a type of antidepressant called selective serotonin reuptake inhibitors (SSRIs).

There are also many things you can do yourself to help reduce your anxiety, like:

- trying a self-help course
- exercising regularly
- stopping smoking
- cutting down on alcohol
- drinking less caffeine

With treatment, many people are able to control their levels of anxiety. However, some treatments may need to be continued for a long time. There may be periods where your symptoms worsen.

**NEXT EDITION: Anxiety 2**

# Reading at Heron

Reading is a vital skill that supports your child's academic success and personal development. It enhances vocabulary, improves comprehension, and strengthens critical thinking. Regular reading also boosts creativity, empathy, and focus, helping children to excel not just in school but in life.

Encouraging your child to read daily—whether it's books, articles, or even comics—can foster a lifelong love for learning and open doors to countless opportunities.

Let's work together to make reading a priority at home and in school.



## Recommended Reads for Year 7

1. The Boy at the Back of the Class by Onjali Rauf
2. Diary of a Wimpy Kid by Jeff Kinney
3. Murder Most Unladylike (Series) by Robin Stevens
4. The Narnia Chronicles - The Lion, the Witch and the Wardrobe (2nd in series) by C. S. Lewis
5. Refugee Boy by Benjamin Zephaniah
6. Skulduggery Pleasant by Derek Landy
7. Stormbreaker by Anthony Horowitz
8. A Series of Unfortunate Events by Lemony Snicket
9. Artemis Fowl by Eoin Colfer
10. The Fire Within by Chris D'Lacey
11. Groosham Grange by Anthony Horowitz
12. Hacker by Malorie Blackman
13. Heartbeat by Sharon Creech
14. Apple and Rain by Sarah Crossan
15. Black Beauty by Anna Sewell
16. Ballet Shoes by Noel Streatfeild
17. Inkheart by Cornelia Funke
18. Journey to the River Sea by Eva Ibbotson
19. A Kind of Spark by Elle McNicoll
20. Once/Now/Then/After/Soon by Morris Gleitzman
21. Johnny English Reborn by Lynda Edwards



# Reading at Heron...cont

## Recommended Reads for Year 8

1. The Call of the Wild by Jack London
2. Coraline by Neil Gaiman
3. His Dark Materials Trilogy by Philip Pullman
4. The Hobbit by J.R.R. Tolkien
5. Little Women by Louisa M. Alcott
6. My Family and Other Animals by Gerald Durrell
7. Wonder by R.J Palacio
8. Toffee by Sarah Crossan
9. A Gathering Light by Jennifer Donnelly
10. The Breadwinner by Deborah Ellis
11. The Graveyard Book by Neil Gaiman
12. A Song for Summer by Eva Ibbotson
13. The Garbage King by Elizabeth Laird
14. The Twelfth Day of July by Joan Lingard
15. The Other Side of Truth by Beverley Naidoo
16. She is not Invisible by Marcus Sedgewick
17. Marianne Dreams by Catherine Storr
18. Stone Cold by Robert Swindells
19. Roll of Thunder, Hear my Cry by Mildred D Taylor
20. Teacher's Dead by Benjamin Zephaniah



## Recommended Reads for Year 9

1. Things Fall Apart by Chinua Achebe
2. The Enemy by Charlie Higson
3. Itch by Simon Mayo
4. The Set-Up by Sophie McKenzie
5. DropZone by, Andy McNab
6. Noughts and Crosses by Malorie Blackman
7. City of Bones (Mortal Instruments series) by Cassandra Clare
8. Sabriel (Old Kingdom series) by, Garth Nix
9. The Book of Dead Days by Marcus Sedgewick
10. Looking for JJ by, Anne Cassidy
11. The Curious Incident of the Dog in the Nighttime by Mark Haddon
12. Wuthering Heights by Emily Bronte
13. The Fault in Our Stars by John Green
14. The Secret Garden - Frances Hodgson Burnett
15. The Bone Sparrow - Zana Fraillon
16. The Fastest Boy in the World - Elizabeth Laird
17. Girl, Missing - Sophie McKenzie
18. The Moonlight Dreamers by Siobhan Curham
19. Ruby Redfort by Lauren Child
20. The Wall Between Us by Dan Smith



# Reading at Heron...cont



## Recommended Reads for Year 10

1. Lord of the Flies by William Golding
2. Brighton Rock by Graham Greene
3. Empire of the Sun by J G Ballard
4. Fever Pitch by Nick Hornby
5. Frankenstein by Mary Shelley
6. Instructions for a second heart by Tamsyn Murray
7. Tender by Eve Ainsworth
8. You should see me in a crown by Leah Johnson
9. The inheritance Games by Jennifer Lynn Barnes
10. It ends with us by Colleen Hoover
11. The Lost Hero by Rick Riordan
12. The Adventures of Sherlock Holmes by Arthur Conan Doyle
13. A Thousand Splendid Suns by Khaled Hosseini
14. Holes by Louis Sachar
15. The Strange Case of Dr Jekyll and Mr Hyde Robert by Louis Stevenson
16. Terror Kid by Benjamin Zephaniah
17. Children of Blood and Bone by Tomi Adeyemi
18. Bog Child by Siobhan Dowd
19. Heartstopper by Alice Oseman
20. Saint death by Marcus Sedgwick



## Recommended Reads for Year 11

1. The Hate U Give by Angie Thomas
2. The Maze Runner by James Dashner
3. Catcher in the Rye by JD Salinger
4. I know why the Caged Birds Sings by Maya Angelou
5. Twilight by Stephenie Meyer
6. Eleanor & Park by Rainbow Rowell
7. Aristotle and Dante Discover the Secrets of the Universe by Benjamin Alire Saenz
8. Pride and Prejudice by Jane Austen
9. The Adventures of Huckleberry Finn by Mark Twain
10. More than this by Patrick Ness
11. The Kite Runner by Khaled Hosseini
12. Divergent by Veronica Roth
13. Blood Red Road by Moira Young
14. The Cruel Prince by Holly Black
15. The Hunt for Red October by Tom Clancy
16. Animal Farm by George Orwell
17. The Giver by Lois Lowry
18. The Perks of Being a Wallflower by Stephen Chbosky
19. The Green Mile by Stephen King
20. The Book Thief by Marcus Zusak



# ATTENDANCE NEWSLETTER

## Reminder of the School Day

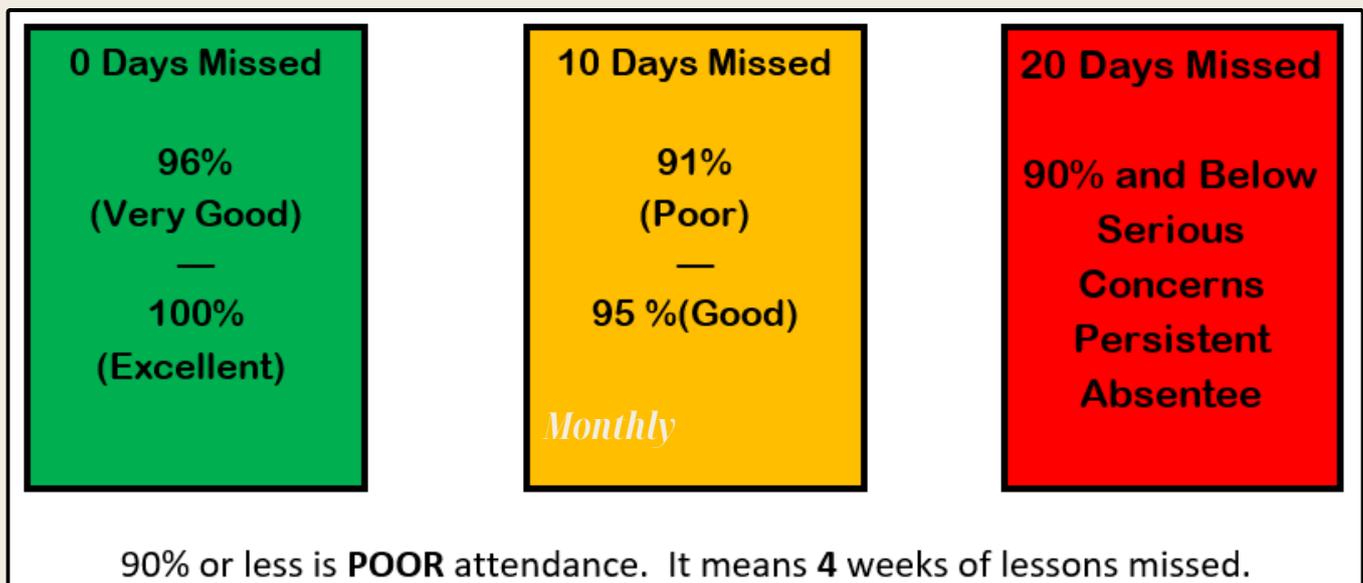
School Schedule	Time
Gates Open	8.00am
School Starts/Form Time	8.40am
School Finishes (Monday, Tuesday, Wednesday, Friday)	3.30pm
School Finishes (Thursday)	2.25pm

## How Absence Affects your Child's Attendance?

Did you know?

Your child is expected to attend school for 190 days each year.

There are 175 non-school days each year. This means you have **175 days** to spend on family time, visits, holidays, shopping, household jobs and other appointments.



# ATTENDANCE NEWSLETTER cont.

## Improving your Child's Attendance

*Did you know? Your child receives two attendance marks per day—one for the morning and another for the afternoon.*

*If you have reported your child unwell in the morning, but they feel better later, you can bring them back to school. Receiving an afternoon attendance mark helps improve their attendance. If your child has an appointment during school hours please bring them to school, whenever possible, before and after the appointment.*

## Evidence to Support Absences

*You may be asked to provide evidence to support your child/ren's absences if attendance is a cause of concern, where we appreciate it could be difficult to be able to get a sick note, here are some examples of evidence that can be supplied - appointment cards or letters, copies of prescribed medicines, labels or prescriptions. You can email copies of documentation, screenshots to the attendance email which is **heron.attendance@northstartrust.org.uk**. When evidence is provided to support absences, absences are authorised.*

## The Importance of Punctuality

### Why It Matters:

- Arriving on time sets a positive tone for the day, allowing your child to fully engage in learning and activities.

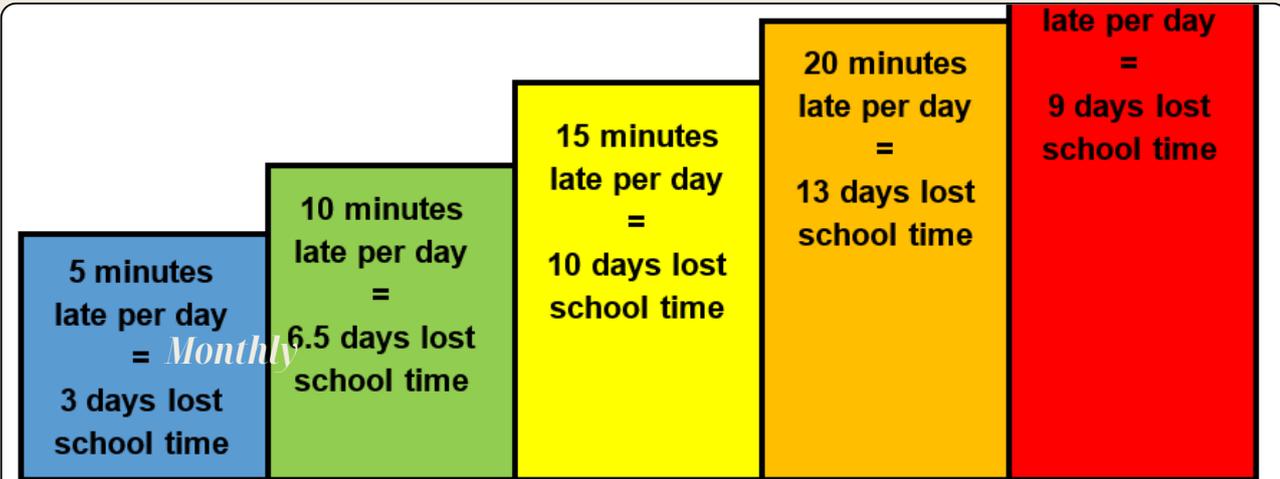
### Benefits of Being on Time:

- Good attendance leads to more learning opportunities and increased achievement.
- Punctual students are better prepared and less likely to miss important instructions.

### Tips for Building a Routine:

- Prepare clothes and bags the night before.
- Aim to leave home with a few extra minutes to spare.

## ATTENDANCE NEWSLETTER cont.



**Did you know?** If your child arrives after registers have closed, they will receive an unauthorised mark. Poor punctuality can affect their attendance. Research has shown that missing 17 days in a year may lead to a drop of one grade at GCSE over time.

If you need support to improve your child's attendance or punctuality, we are happy to meet with you to discuss any issues you feel are affecting your child's attendance as well as provide support and advice. Please contact Mrs Mendez, the Attendance Lead via [heron.attendance@northstartrust.org.uk](mailto:heron.attendance@northstartrust.org.uk).

For safeguarding purposes, please notify the school by 8.30am if your child will be absent.



## HERON HALL'S FOOD BANK

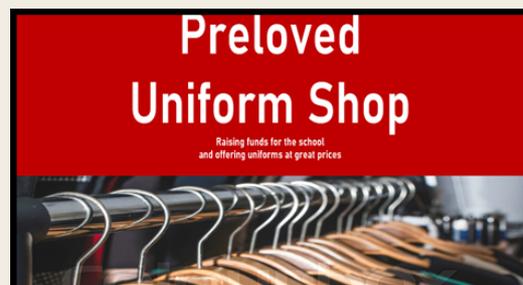
We'd like to remind families that the **Heron Hall's Food Bank** is available for those in need. With expanded storage facilities, we are now able to offer more dried food goods to help support even more families.



The food bank is centrally organised and operated from the main school office. We understand that these may be challenging times for some, and we want to assure you that help is available. If you feel you could benefit from the Heron Hall's Food Bank, please don't hesitate to contact the school office for assistance.

## 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)**

Preloved Uniform Item	Price
Blazer	£10
Jumper	£5
Shirt	£5

## HOMWORK CLUB

Homework plays a vital role in the academic development of our students. It reinforces what they've learned in the classroom, helps build independent learning skills, and prepares them for upcoming lessons.



At Heron Hall Academy, we recognise the value of consistent practise and revision, and that's why all homework is assigned through **Satchel One**, our homework online platform.

By using **Satchel One**, both you and your child/children can easily access homework tasks, track deadlines, and stay organised. We encourage you to check in regularly to ensure your child is keeping up with their assignments.

### Homework Expectation for each subject

Years 7, 8 & 9	<b>1 piece per week</b>
Years 10 & 11	<b>1 piece per week 1 targeted revision</b>
Years 12 & 13	<b>1 piece per week 1 targeted revision 1 further reading / activity</b>

### Homework Club

We understand that completing homework can sometimes be challenging for students, which is why we are pleased to offer additional support through our Homework Club. We will be running the club three times a week in the school library from **3:30pm to 4:30pm**.

This is a great opportunity for students to receive help with their homework in a quiet, focused environment. Staff will be on hand to assist with any questions, ensuring that students stay on track and complete their assignments on time.

Monday	Wednesday	Friday
Year 7, 8, 9	Any Year Group	Year 10, 11, 12, 13

## **EXTRA-CURRICULAR CLUBS AT HERON HALL ACADEMY: ENRICHING STUDENT EXPERIENCE**

At Heron Hall Academy, we take great pride in our comprehensive Extra-Curricular programme, designed to enrich and enhance our pupils' school experience. These activities provide an excellent opportunity for students to explore interests beyond their academic subjects, ranging from coding, sports, and robotics to baking.



By engaging in these diverse clubs, students not only build new skills but also foster creativity, teamwork, and leadership. Our aim is to produce well-rounded, visionary members of society who are equipped to succeed both inside and outside the classroom.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. The schedule of the extra-curricula clubs is below:

	CLUB	TIME	PLACE	STAFF	STUDENTS
<b>MONDAY</b>	<b>Robotics Club</b>	Lunchtime 12.35pm - 1.15pm	S1.1	Mr Olayebo	KS3 – Years 7-9
	<b>Homework Club</b>	After School 3.30pm – 4.30pm	Library	Mr Kenan	All Years
	<b>Girls Netball</b>	After School 3:30pm – 4:30pm	MUGA / Sports Hall	Madam Grimes	All Years
	<b>Boys Football</b>	After School 3:30pm – 4:30pm	Astro	Mr Meremikwu	Year 8
	<b>KS4 Art Club</b>	After School 3.30pm – 5.00pm	S.2:7	Madam Knightley	Years 10-11
<b>TUESDAY</b>	<b>Cooking Club</b>	After School 3:30pm -4.30pm	S0.1	Madam Ellis	All Years
	<b>Coding Club</b>	After School 3:30pm – 4:30pm	S1.5	Mr Rahman	All Years
	<b>Boys Football</b>	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 7
<b>WEDNESDAY</b>	<b>English Intervention</b>	After School 3.30pm-4.30pm	N1.1/W1.4	Mr Jablonka	Year 11
	<b>Film Club</b>	Lunchtime 12.40pm- 1.10pm	N1.7	Madam Broomes	All Years
	<b>Girls Football</b>	After School 3:30pm – 4:30pm	Astro	Madam Vales	Years 7-9
	<b>Boys Football</b>	After School 3:30pm – 4:30pm	Astro	Mr Charles	Year 9
<b>THURSDAY</b>	<b>Sewing Club</b>	Lunchtime 12.40pm- 1.10pm	S0.1	Madam Ellis	All Years
	<b>KS4 Art Club</b>	Lunchtime 12.40pm- 1.10pm	S.2:7	Madam Knightley	Years 10 & 11
<b>FRIDAY</b>	<b>Author Club</b>	After School 3.45-4.30pm	W1.4	Mr Jablonka	All Years
	<b>KS4 Composition Surgery</b>	Lunchtime 12.35pm- 1.15pm	S2.4	Madam Hester / Mr Tosh	Years 10 & 11
	<b>Boys Football</b>	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 10

# Extra-Curricular Clubs at Heron Hall Academy: Enriching Student Experience cont.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. **You can sign your child up for a club via Arbor.**

**How to join**

**Free clubs on the Parent Portal**

The club information page will display membership and timetable information. Any existing membership into the club for the pupil will be displayed. **To sign your child up for the club, click on Register For This Club in the top right-hand corner of the page.**



**How to join**

**On the Parent App**

To sign up for a club, click the menu icon at the bottom left of your screen. **Select Clubs.**

# HEALTH AND WELLBEING



## Have your say on how we are tackling inequality

We know how crucial good health is but we are also aware that health inequalities can contribute to shorter lives with more years spent in ill health. In Enfield we are using a 'population health' approach, to make sure our residents start well, live well and age well. This is outlined in our Draft Fairer Enfield Policy 2025-2029 which addresses our commitment to equality, diversity and inclusion. We will work with health partners to identify and address inequalities and focus on prevention. [Read more about this and our other key aims for a Fairer Enfield](#), and let us have your views on the draft policy.



## Share your views on pharmacy services in Enfield

Every three years, a Pharmaceutical Needs Assessment (PNA) is completed. This looks at what pharmacy services each area has, where they are located and what services might be needed in the future. Pharmacies provide over-the-counter medicines and can also offer health advice and information. Your opinions help plan for the future to ensure high quality and easily accessible services. There are no right or wrong answers to this survey and the information will only be used to inform the PNA. [Take part in the questionnaire by 7 April](#).



**AVOID BECOMING HOMELESS**

Get cost of living help at [www.enfield.gov.uk](http://www.enfield.gov.uk)



# THE YOUTH PAGE



**INSIGHT  
ENFIELD**

**CONFIDENTIAL SERVICE FOR  
YOUNG PEOPLE**

**DRUG & ALCOHOL  
SUPPORT, INFORMATION  
AND ADVICE**

**020 8360 9102**

Insight Enfield Sort IT  
29 Folkestone Road, Edmonton,  
London N18 2ER




**ENFIELD**  
Council



**WHAT'S ON OFFER**

FREE confidential service for young people under 25

**HEALTH & WELLBEING**  
Drug & Alcohol information and advice for own or parental use  
One to One Support online or face to face  
Groups and workshops online or in person  
Drug & Alcohol awareness training  
Drop-In

**Sexual Health**  
Advice, information and  
signposting



**EXTRAS**  
Webchat  
Activities  
Webinars  
Parenting Support  
Family, Friends & Carers Support  
Schools workshops and assemblies  
Training for Professionals

**LGBTQ+ INCLUSIVE**

 insightyoungpeople  
 insightyoungpeople




**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...  
★ Early Help Directory

# FINANCIAL HELP



## Changes to six benefits and tax credits

We know that concerns about your finances can be stressful. That's why it's important to [know what is happening with six benefits and tax credits](#). Housing Benefit, Income Support, Income-Based Job Seeker's Allowance, Income-Related Employment and Support Allowance, Working Tax Credits and Child Tax Credits will be combined into one single monthly payment. People who receive these benefits will receive a 'Migration Notice' to let them know they need to claim Universal Credit instead. Payments won't be moved automatically. Don't ignore your letter as it explains what you need to do next.



### Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping...

★ Early Help Directory

# Urgent mental health support - 24/7 crisis lines



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
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	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

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>

## Urgent and other support available

**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](#)

**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