

Fortnightly

Edition 3

December 15, 2023

END OF TERM...REFLECTING

As we approach the conclusion of the autumn term, we reflect on the vibrant and bustling months that have passed. So far this year our students engaged in enriching curriculum trips, including captivating drama trips to the theatre, a variety of extracurricular activities, inspiring experiences and learning in the classroom, and all students had the privilege of hearing from external speakers, all of which contributed to their holistic development.

Year 11 students have completed their first set of mock exams in preparation for their written exams which are due to start in mid May next year. They have demonstrated the determination to do well in the 2024 examination session.

We concluded the term with a fabulous winter concert and our traditional Christmas lunch and Christmas jumper day.

Thank you to staff, students and families for all your support this term. Wishing all our school community a restful holiday, Merry Christmas to those families celebrating and a Happy New Year to all.



Keep up to date with current events at HHA



Upcoming Events

Monday 8th January: First Day of the Spring Term

Thursday 18th January: Year 9 Parents Evening

Thursday 25th January: Year 12 Parents Evening

Friday 26th January: PTA

Thursday 1st February: Year 9 Options Evening

5th to 23rd February: Year 11 Mock 2 Exams

12th to 16th February: Half Term

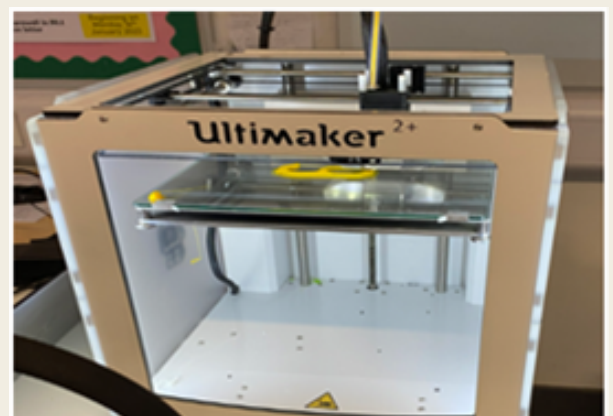
Thursday 29th February: Year 10 Parents Evening

Friday 8th March: PTA

Thursday 14th March: Year 8 Parents Evening

STEM WORKSHOP

Heron's extra-curricular enrichment programme includes provision for STEM (Science, Technology, Engineering and Mathematics). Twelve year 9 students had a remarkable visit from Tim Acland, Chief Technology officer of Hensoldt, a global German Technology company. They delved into the world of 3-D printing and witnessed its wonders firsthand. It was a unique learning experience that sparked curiosity and innovation.



3-D Printer

AN ADVENTUROUS TRIP TO KEW GARDENS

by Mr Mariyanayagam (Teacher of Art)



Years 10 and 12 pupils enjoyed the Art Trip to Kew Gardens on Friday, the 8th of December. The students explored the beautiful landscapes of the Royal Botanical Gardens and its impressive and historic greenhouses. The Kew Art Specialists, delivered a lesson on Grand Designs, which was an incredibly informative workshop where students learned about the history of the buildings and architecture of Kew Gardens and how they were built during different historical periods. As part of the workshop, students explored the Temperate House and worked in groups to create their own building to support endangered plants. Both students and teachers enjoyed working on this task while learning about nature and endangered species that only survive in Kew Gardens.

Overall, it was a successful trip and an exciting day for our students and teachers, who left Kew Gardens feeling truly inspired.

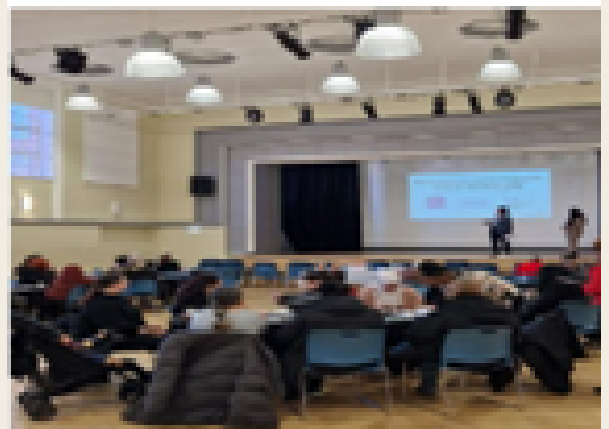
A special thanks to Madams Araale and Mubadiata for supporting the trip.

HERON HALL ACADEMY PTA - RSE PARENT CONSULTATION 2023

On Friday 8th December we welcomed many of our parents Heron Hall for our Christmas themed PTA meeting. During the meeting we held the Relationship, Sex and Health Education (RSHE) Parent Consultation. We were also delighted to be joined by Jaquie Summers from Enfield Early Help Family Hub.

Madam Hon led a presentation for parents focusing on:

- How RSHE Helps*
- DfE Statutory Guidance*
- Curriculum Planning*
- Parent Consultation Questions and Feedback.*



Madam Ahmed (PSHE teacher) and Jacqui Summers were available afterwards to speak with parents to discuss our approach to teaching and learning of RSHE and to share our resources so parents are able to see the content of the lessons.

We discussed how our STRIVE values, particularly ‘tolerance’ underpin our ideas when teaching controversial topics, such as LGBTQ. Differences are valued in our school, and diversity celebrated; as we all have things to learn from each other.

HERON HALL ACADEMY PTA CONTINUED...

RSHE advice for parents and Carers: BROOK

Jacqui was also speaking with families about other social issues and shared information on community groups and other support available.

The Christmas raffle was also a huge success with many parents winning prizes!

We also addressed concerns about students' safety beyond the school gates, in terms of the traffic and parked cars at the gate and on the surrounding roads and the fly tipping and rubbish on Queensway road.

*These issues will be discussed further at the next meeting on **Friday, 26th January 2024.***



AGE UK ENFIELD VOLUNTEER WORK “PREPARING FOR CHRISTMAS”



Our second wave of year 10 students help the elderly get into the Christmas spirit whilst volunteering at the Age UK Enfield breakfast service. Run from the Trust's facility, The Nest, the service is a lifeline for many elders in the community.

We continue to bridge the generational gap and build connections within the community.

Through engaging in games, sharing stories, and creating artwork with the over-50s community, our students exemplified empathy, respect, and community spirit.



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SUPPORTING STUDENTS AT HOME

PARENTS TIP: THE IMPORTANCE OF EMPATHY



IN MEMORY OF BENJAMIN ZEPHANIAH.

Benjamin Zephaniah was a man of words, he was profound, prolific and never shied away from what really mattered to him.

Zephaniah spoke out against racism throughout his life.

We listened to his poem 'People Need People'.

This week students have been learning about empathy. They have been discussing what it is and how it differs from sympathy.

Students have thought about how empathy can guide our thoughts and behaviour and how showing empathy can make the world a better place to live.

The importance of being kind was also discussed with our students, as a small act of kindness toward another person can go a long way!

What can you do?

It is very important that our students have the social and emotional skills that will benefit them in the wider world.

In order to start a conversation at home and to find out a bit more about what empathy is, what it looks like and how we can experience it click the link below. There is a lot of information on types of empathy which may spark a discussion!

<https://www.verywellmind.com/what-is-empathy-2795562>



This is a great resource which can help aid conversations at home in regards to developing empathy. These are the six habits of highly empathetic people.

https://greatergood.berkeley.edu/article/item/six_habits_of_highly_empathic_people1%20

To help create discussions at home around accountability, self regulation and empathy you can also follow the link below. Read the article together and discuss the key messages.

<https://www.mindtools.com/agz0qft/empathy-at-work>

ENFIELD NEWS

New hub opens to support Enfield's young people and families



A new Enfield Council Youth and Family Hub offering a wide range of support for children, young people and their carers has officially opened in Ponders End.

The hubs offer help and support to families, from pregnancy up until their children are 18, or 25 for young people with special educational needs and disabilities.

The hub was declared open by Enfield Council's Cabinet Member for Children's Services, [Cllr Abdul Abdullahi](#), at an open day on Wednesday 13 December.

[Enfield's Youth and Family hubs](#) bring together lots of different services for children and families, making it easier for them to get the help they need at the right time.

Volunteers, parents and carers from the local community, families already using the hub, partners delivering activities and Councillors were invited to celebrate the opening and get a taste of the opportunities and support available.

The new Youth & Family Hub is located at 129 South Street (EN3 4PX) and has been supported by grant funding from the Department for Education.

Financial Support offered by Enfield Council

Household Support Fund

Enfield Council has been allocated £5,695,989 from the Department of Work and Pensions' (DWP) Household Support Fund to support vulnerable households facing a rise in energy bills and the cost of living. The funding is from 1 April 2023 and must be spent by 31 March 2024.

<https://www.enfield.gov.uk/services/benefits-and-money-advice/household-support-fund>

Help with Food

If you are finding your money does not stretch far enough and you are struggling to afford the cost of food, a food pantry can provide you with a heavily discounted food shop. To receive support from a food pantry you will pay a weekly membership fee (between £3.50 and £4.50), which will allow you to shop at the pantry each week. Pantries look similar to shops and you are able to select a certain amount of food based on your own food preferences.

<https://www.enfield.gov.uk/services/your-council/cost-of-living-support/help-with-food>

Health and Wellbeing

There is plenty support available for your health and wellbeing from many organisations.

<https://www.enfield.gov.uk/services/your-council/cost-of-living-support/help-with-managing-health-and-wellbeing>



North Enfield Foodbank



Our foodbank works using a voucher referral system.

Find out more about how we work.

<https://northyenfield.foodbank.org.uk/get-help/>

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

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
ASSOCIATES OF YOUNG PEOPLE

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
Essential support for under 25s

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