

Fortnightly

Edition 4

January 19, 2024

WELCOME BACK

Happy New Year – we hope you were able to have some rest and relaxation over the festive season. We welcome back our students to what promises to be a busy and exciting spring term. This term holds particular significance for our students, who are preparing for exams in the Summer. We encourage you to continue supporting your child in taking advantage of every opportunity to revise, prepare, and equip themselves for the challenges ahead.

To ensure a smooth start to the term, please make sure your child is well-prepared with the necessary supplies. **All students should have the following items: a pen, pencil, eraser, ruler, a scientific calculator and PE kit.** If you encounter any challenges in acquiring these supplies or have any questions, please feel free to contact the school admin office via email at heron@northstarttrust.org.uk. We understand that these times can be tough for families, and we are here to provide support whenever possible.

Let's work together to ensure our students are prepared and ready for a successful term ahead. Your collaboration and engagement are essential in creating a positive and productive learning environment. Thank you for your continued partnership with Heron Hall. Here's to a prosperous and fulfilling spring term for all!



Keep up to date with current events at HHA



Upcoming Events

Thursday 25th January: Year 12 Parents Evening

Friday 26th January: PTA - POSTPONED

Thursday 1st February: Year 9 Options Evening

Friday 2nd February: PTA

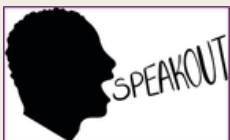
5th to 23rd February: Year 11 Mock 2 Exams

12th to 16th February: Half Term

Thursday 29th February: Year 10 Parents Evening

Friday 8th March: PTA

Thursday 14th March: Year 8 Parents Evening



JACK PETCHEY



We're thrilled to share the exciting news that last December, our Year 10 students enthusiastically embraced the return of Jack Petchey's Speak Out Challenge. Funded by the Jack Petchey Foundation. This invigorating competition is designed to empower pupils, providing them with a unique platform to refine their speech writing and performance abilities.

*Under the guidance of our dedicated teacher, Mr. Ashcroft, they were encouraged to select a topic close to their hearts, to **'Speak Out'** about in the hopes of winning some wonderful prizes whilst going up against the very best public speakers the boroughs of London have to offer.*

The speak out challenge involves a full day of workshops to help students develop their ideas and apply their skills, followed by a series of one-to-one sessions during which the chosen representative of the school will rehearse and practise their speech in preparation for the battle in the Grand Final.

Stay tuned for updates on the outcome of this exciting challenge, and let's continue to celebrate the remarkable journey of our Year 10 students in the world of public speaking.

OUR STRIVE VALUE FOR THIS HALF TERM IS RESILIENCE

This week at HHA we have been really fortunate to have the Place of Dreams delivery assemblies to our students. Karen Allen led this with her inspiration life story which she described as a 'love' story which featured her younger brother Joe was a huge character.

When faced with adversity her life, the unexpected death of her younger brother Joe, Karen showed true resilience in her life. Karen fulfilled Joe's dream of opening a boxing club in Enfield for local young people within the community by becoming the CEO of the JOE MORRIS Boxing Club in Ponders End.



Live your best life.

Open your heart.

Value other people.

Expect the best.



LITERARY EXCELLENCE WITH FIRST STORY



The incredibly successful First Story programme, now in its fifth year, is back once again to help our aspiring creative writers fulfil their potential. Under the guidance of Mr Ashcroft and published poet and author Talia Randall, students have been given the opportunity to create poetry and short stories of exceptional quality over a series of 16 workshops, culminating in their best work being professionally published; a copy of their literary creations will be stored in the British Library. The programme also gives the students the opportunity to engage with a series of creative writing competitions that take place across the year, as well as a day of workshops and activities at Cambridge University, where students have the chance to meet with lecturers, other students from across the country and published authors in order to refine their craft and begin planning for the bright future they deserve.



BAIN CAPITAL... A TRANSFORMATIVE EXPERIENCE



Our Year 12 students had a remarkable opportunity to visit the Bain Capital head office on Thursday, January 11th, 2024. This visit provided them with a unique insight into the dynamic world of business and finance..

Bain Capital, a global equity finance company renowned for its dealings with large corporations and even countries, provided our students with a firsthand look into the intricacies of investing assets and risk management. The experience was nothing short of immersive, offering our students a glimpse into the real-world challenges and strategies employed by a leading player in the global financial landscape.

Mr. Angeletos, Head of Year 12, expressed his pride in our students' exemplary behaviour and their active engagement during the seminar. He noted that our students not only absorbed valuable information but also asked pertinent questions that showcased their keen interest in the subject matter. The seminar focused on equipping them with essential skills for success in both university and future employment.

During the session, our students had the opportunity to learn and practice the art of planning and delivering presentations in a professional business setting. Mr. Angeletos emphasised the significance of these transferable skills, highlighting their role in preparing our students for the challenges they may encounter in higher education and the professional world.

EMPOWERING YEAR 9 STUDENTS IN STEM: A 10-WEEK JOURNEY

Twelve Year 9 students have been on an incredible journey over the last 10 weeks, as they delved into the fascinating world of STEM (Science, Technology, Engineering, and Mathematics). This immersive experience not only broadened their understanding of STEM but also illuminated the diverse career pathways available in these dynamic fields. Throughout this period, our students actively engaged in a range of activities that allowed them to explore and apply STEM concepts.

One of the highlights was the design and creation of their own video games, a hands-on endeavour that not only honed their technical skills but also fostered creativity and innovation. In addition to practical projects, our students had the privilege of participating in interactive career talks featuring professionals from various STEM industries



These sessions provided valuable insights into the diverse array of careers available and allowed our students to envision themselves as future contributors to these fields. One particularly enjoyable aspect of the program was the incorporation of virtual reality (VR) sessions. These immersive experiences transported our students to virtual environments, enhancing their understanding of complex STEM concepts in an engaging and memorable way. The positive feedback from our students highlighted the enjoyment they derived from these virtual experiences.



As we celebrate the conclusion of this 10-week journey, Madam Barnwell has extended her thanks and appreciation to all the teachers, external professionals, and supporters who made this program possible as the exposure to hands-on projects, insightful career talks, and virtual reality sessions has undoubtedly left a lasting impact on our Year 9 students, shaping their perspectives and fuelling their enthusiasm for STEM subjects.

YEAR 11 MOCK EXAMINATIONS

THE JOURNEY BEGINS

The Year 11 Mock Examinations are set to commence on Monday, 5th February. The timetable for these examinations, covering all subjects, is detailed below. •

DATE	SUBJECT	PAPER	START TIME	END TIME
MONDAY 5TH FEB	ENGLISH	Language - Writers views and perspective	9:00:00 AM	10:45:00 AM
	CITIZENSHIP	Active Citizenship and Politics and Participation	1:30:00 PM	3:15:00 PM
TUESDAY 6TH FEB	MATHS	Paper 1 Non Calculator	9:00:00 AM	10:30:00 AM
	GEOGRAPHY	Paper 1 Global geographical issues	1:30:00 PM	3:00:00 PM
WEDNESDAY 7TH FEB	COMBINED SCIENCE H/F	Combined Biology 2	9:00:00 AM	10:15:00 AM
	TRIPLE SCIENCE	Triple Biology 2	9:00:00 AM	10:45:00 AM
THURSDAY 8TH FEB	HISTORY	Paper 1: Germany, conflict and tension	1:30:00 PM	3:30:00 PM
	BUSINESS	Paper 1: Influences of Operations	9:00:00 AM	10:45:00 AM
	SPANISH	Writing Higher	1:30:00 PM	2:45:00 PM
	SPANISH	Writing Foundation	1:30:00 PM	2:30:00 PM
FRIDAY 9TH FEB	FRENCH	Writing Higher	1:30:00 PM	2:45:00 PM
	FRENCH	Writing Foundation	1:30:00 PM	2:30:00 PM
	DRAMA	Theory Paper	9:00:00 AM	10:45:00 AM
	COMPUTER SCIENCE	Computer Systems	9:00:00 AM	10:30:00 AM
MONDAY 19TH FEB	SOCIOLOGY	Paper 1: Education & Families	1:30:00 PM	3:15:00 PM
	ART	ART Practical	9:00:00 AM	12:00:00 PM
TUESDAY 20TH FEB	ART	ART Practical	1:30:00 PM	3:30:00 PM
	COMBINED SCIENCE H/F	Combined Physics 2	9:00:00 AM	10:15:00 AM
WEDNESDAY 21ST FEB	TRIPLE SCIENCE	Triple Physics 2	9:00:00 AM	10:45:00 AM
	GEOGRAPHY	Paper 2 Uk Geographical Issues	1:30:00 PM	3:00:00 PM
THURSDAY 22ND FEB	MATHS	Paper 2 Calculator	9:00:00 AM	10:30:00 AM
	PE GCSE Paper 1	The Human body and movement in physical activity and sport	1:30:00 PM	2:45:00 PM
FRIDAY 23RD FEB	FOOD TECH	Food Tech Paper 1	9:00:00 AM	10:30:00 AM
	DESIGN TECHNOLOGY	Design Tech Paper 1	9:00:00 AM	10:30:00 AM
	HISTORY	Paper 2: Normans and Health	1:30:00 PM	2:45:00 PM
MONDAY 26TH FEB	MUSIC	Listening & Appraising	9:00:00 AM	10:30:00 AM
	ENGLISH	Literature - Poetry seen and Unseen & ACC	1:30:00 PM	3:45:00 PM
TUESDAY 27TH FEB	COMBINED SCIENCE H/F	Combined Chemistry 2	9:00:00 AM	10:15:00 AM
	TRIPLE SCIENCE	Triple Chemistry 2	9:00:00 AM	10:45:00 AM
	COMPUTER SCIENCE	Computational thinking, algorithms and programming	1:30:00 PM	3:00:00 PM
	DRAMA	2nd Drama Practical	1:30:00 PM	4:30:00 PM
WEDNESDAY 28TH FEB	MATHS	Paper 3 Calculator	9:00:00 AM	10:30:00 AM
	RE	Paper 2 THEMES	1:30:00 PM	2:30:00 PM
THURSDAY 29TH FEB	SOCIOLOGY	Paper 2 Crime and Deviance and Social Stratification	9:00:00 AM	10:45:00 AM
	BUSINESS 2	Influences of marketing and finance on business activity	1:30:00 PM	3:15:00 PM
FRIDAY 1ST MARCH	CITIZENSHIP	Life in Modern Britain and Rights and Responsibilities	9:00:00 AM	10:45:00 AM
	SPANISH	Spanish Higher Reading	1:30:00 PM	2:30:00 PM
	SPANISH	Spanish Foundation Reading	2:30:00 PM	3:30:00 PM
	FRENCH	French Reading Higher	1:30:00 PM	2:30:00 PM
FRIDAY 1ST MARCH	FRENCH	French Reading Foundation	2:30:00 PM	3:30:00 PM
	PE GCSE Paper 2	Sociocultural Influences	9:00:00 AM	10:15:00 AM
	SPORTS STUDIES	Contemporary Issues in Sport	9:00:00 AM	10:00:00 AM
	GEOGRAPHY	Paper 3 Making Geographical Decisions	1:30:00 PM	3:30:00 PM

To ensure a well-rounded preparation, all students have been provided with comprehensive revision resources from their dedicated teachers. It is essential that they actively plan their time to guarantee effective revision across all subjects. As a reminder, February half term aligns with the mock period, presenting a valuable opportunity for focused preparation. Additionally, the school will conduct intervention sessions over the break to further support their academic journey.

Year 11 Mock Examinations - The Journey Begins cont.

Please support and guide your child in preparing for these upcoming examinations whilst managing their well-being effectively. Here are some recommendations:

1. Revision Timetable: Encourage your child to create a revision timetable, and share it with the family.



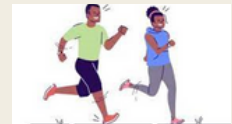
2. Limited Screen Time: Reduced screen time to enhance focus and concentration.



3. Regular Sleep Routine: Ensure a consistent and healthy sleep routine for optimal cognitive function.



4. Physical Exercise: Promote regular physical exercise to alleviate stress and enhance overall well-being.



Maintaining excellent attendance and punctuality during the mock period is crucial for success. We look forward to seeing your child's progress as they approach the final external examinations in the Summer.

If you have any questions or concerns, our dedicated Year 11 team is here to assist. Feel free to contact your child's form tutor or any member of the Year 11 team.

SUPPORTING STUDENTS AT HOME

MARTIN LUTHER KING DAY



Martin Luther King Jr. Day is a day to celebrate the life and legacy of **Martin Luther King Jr.**, which is observed on the third Monday of January each year, near his birthday which is January 15th. Martin Luther King Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968.

This week we have been celebrating this day with students. They have recalled what they know about MLK and listened to his 'I have a dream' speech. Students discussed key takeaways from the speech and their views on whether MLK's dream has been fulfilled.

What can you do at home?

Martin Luther King Jr. is famous across much of the world and is one of the most written about persons in history. To find out more about him visit the Britannica website.

<https://www.britannica.com/biography/MartinLutherKingJr> (click the link to access)

Also, watch the youtube video linked below from last year in which Martin Luther King III, Dr. King's eldest son and a global human rights advocate, joins John Yang to discuss his father's legacy.

<https://www.youtube.com/watch?v=XEfoIHCJR8> (click the link to access)

When discussing Martin Luther King's legacy, ask your child questions about their civil rights.

Do they know what basic human rights they are entitled to and what to do in the case of a breach of human rights?

To aide you with this discussion you can visit the Citizens Advice website where you will find further links to

- What are human rights?'
- 'How are human rights protected?'
- 'What are young people's rights?' and many more.

<https://www.citizensadvice.org.uk/law-and-courts/civil-rights/> (click on the link to access)

Like Martin Luther King Jr. there were many other champions of human rights including Mahatma Gandhi, Nelson Mandela, Desmond Tutu and so on. Why not read about their different approaches to defending human rights by checking out the link below?

<https://www.youthforhumanrights.org/voices-for-human-rights.html> (click on the link to access)



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



YOUNG PEOPLE FUTURE PROSPECTS



Applications are open for engineering grant

Discover the Belling Educational Fund, a tribute to Enfield's renowned electrical engineer Charles Belling. This exclusive fund offers grants of up to £2,000, aimed at promoting education in electrical engineering and electronics. Aimed at Enfield residents, the grant opens doors to diverse opportunities, whether you're enhancing your education, procuring cutting-edge equipment, or exploring new horizons. For further details or to download the application form, [visit the My Life Enfield website](#) or [email us](#). Seize the chance to shape your educational journey and embark on a fulfilling career in these dynamic fields.



Events to help you on your way to a national apprenticeship

Have you considered an apprenticeship? There is a range of events to go to this [National Apprenticeship Week \(NAW\)](#) 5 to 11 February, where you can learn about apprenticeships and how they could be your next move. NAW brings together businesses and apprentices from across the country to celebrate the positives of apprenticeships. If you are interested in attending any of the NAW events and want to find out more, visit the NAW website which lists all the available events on offer. You can also explore the range of apprenticeships on the [government website](#).



NEW YEAR....NEW START



Kickstart your year with a boost to your health

You could join millions of people in the UK and worldwide who choose to go dry in January. From clearer skin and a mental health boost to saving money and time - there's a whole lot to gain by joining in the challenge. Reducing or stopping your alcohol intake this January could even lead to improved sleep. You can get support by joining in on the online challenge by [visiting the alcohol challenge website](#). You can also refresh your knowledge of the benefits of reducing your alcohol intake on [the NHS website](#).



Are you affected by the 'January blues'?

Now that the Christmas decorations are about to be packed away for another year, the cold weather and the state of your finances could have an affect on you mental health. The main thing to remember is you are not alone. Help is available to manage your finances. The online Money Helper can quickly work out the figures you need for some of the common money situations you may find yourself in. [Visit the Money Helper website to find out more](#). Enfield Council's website also has some helpful [cost-of-living support](#).



New year, new active challenge

As we head into the new year, you might want to consider taking up a fresh challenge. Active Enfield provides a wide range of programmes to suit all age groups and abilities. Take a look at badminton, Pilates, dance or swimming among other fun activities. For younger people, we'll soon have details of the TCS London Mini Marathon and London Youth Games. For those with a gentler demeanour or who just love the great outdoors, you might like to join one of the free walks in Enfield's parks. All details are on the [Active Enfield website](#).



Free online fitness studio

The new year often brings with it a fresh health and fitness goal. If you're thinking about improving your health but don't know where to start, why not try out the NHS Fitness Studio which is free and easy to do from home. Perfect for those wanting to build a bit of confidence in exercise before hitting a gym, or perhaps you're more of a home-workout person anyway! There is lots of different styles of exercise on offer, including Pilates, aerobics, strength and resistance, yoga and more. [Check out the fitness studio today](#) and find something to suit you!

SCREEN TIME TIPS

TO HELP PARENTS MANAGE SCREEN TIME

WHERE

....Are devices allowed to be used in your home?

TIP: Be sure that devices are being used in a common area of your home.



WHAT

....Are your children using their devices for?

TIP: Ask what they want to use the device for?
Entertainment or education?

WHEN

.....Are devices allowed to be used in your home? **TIP:** Is now the right time? Has homework or chores been completed? Is now the agreed time?



DIRECT

....your child to other activities like colouring, reading, playing outside or helping with chores.

FIND YOUR FAMILIES SCREEN TIME STRATEGY

Learn more at:

<https://back-to-basics-the-screen-time-formula.teachable.com/p/back-to-basics-the-screen-time-formula>

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 GREAT BRITAIN

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