

PARENTS' NEWSLETTER

Fortnightly

Edition 13

June 21, 2024

CELEBRATING OUR STUDENTS' DEDICATION

As we navigate through the busy assessment period, we are immensely proud of the commitment and seriousness demonstrated by our students across all year groups. Their dedication to their end-of-year assessments is truly commendable and deserves recognition.

A special mention goes to our Year 10 students, who have shown exceptional commitment to their studies. They have been diligently occupying every available seat in the library and even the playground area, whether working in groups or individually on their last-minute revisions. Their hard work and determination are clearly evident as they prepare for these important assessments, laying a strong foundation for their academic and personal growth.

The effort and perseverance of all our students during this time are inspiring. Their determination to succeed is not only a testament to their own aspirations but also reflects the supportive and nurturing environment we strive to provide at our school.

We are confident that their dedication will pay off and wish them all the best in their assessments. We encourage them to continue their hard work and remind them that these efforts are crucial steps toward their future success.



PTA CAKE SALE SUPPORTS PROM COMMITTEE

PTA Cake Sale supports End of Year Assessments: A Note from the School Sports Prom Committee. The members of the PTA recently held a cake sale to support the Prom Committee. Parents generously donated cakes, many of which were homemade, were thoroughly enjoyed by the staff.

Thanks to the support and generosity of our community, we were able to raise £70. This amount will be used to purchase drinks for the prom, contributing to what promises to be a memorable evening for our students. The Prom Committee has expressed their sincere appreciation for the donation.

Your continued support is invaluable and helps make these special events possible. Thank you to everyone who participated and contributed to the success of the cake sale.



PTA Chairperson - Clarisaa (left) giving certificate to Mark Y11 pastoral lead

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



Upcoming Events

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

SAVE

the DATE

Year 6 Information Evening

- Wednesday 3rd July

Year 6 Transition Days

- Thursday and Friday, 4th and 5th July

Cultural Evening

- Thursday, 4th July



Annual Cultural Day and Art Exhibition

We are thrilled to announce that our much-anticipated Cultural Day and Art Exhibition will be held on Friday, 5th July 2024, from 5pm to 7pm.

This exciting event is a wonderful opportunity for our school community to come together and celebrate the rich and diverse cultures that make our community unique.



This year, our theme is "Culinary Delights from Around the World." We will embark on a gastronomic journey across continents, savoring flavours from every corner of the globe. Alongside the delicious food, you will also have the chance to enjoy the incredible artwork created by our talented students.

How You Can Participate

To make this the best Cultural Day yet, we need your help! We warmly invite you to contribute by bringing a dish that represents your cultural heritage. The dish can be either savory or sweet – the choice is yours. If you are unable to attend, you can also send the dish with your child to be shared during the event.

Your contributions will help create a rich, diverse experience for everyone, showcasing the wonderful variety of flavours from around the world. We look forward to tasting your amazing dishes and celebrating our community's rich cultural heritage together.

Thank you for your support, and we can't wait to see you there.

Celebrating Positive Role Models: A Heart Warming Event

Our recent celebration students had the opportunity to honour the positive role models in their lives. Student was given a special ticket to invite someone who has made a significant impact on them, creating a memorable and touching atmosphere.



During the event, students presented heartfelt gifts to their role models as tokens of appreciation. This gesture highlighted the deep connections and gratitude our students feel towards those who have guided and supported them.



The celebration was not just about the gifts; it was an enjoyable day packed with activities. Attendees cheered for their favourite teams during the Euro 2024 matches, savoured delicious food at the BBQ, and participated in various fun-filled games. The event was a perfect blend of entertainment and heartfelt moments, fostering a sense of community and appreciation.

We believe it is essential to acknowledge and celebrate the positive influences in our students' lives. By doing so, we encourage the values of gratitude and recognition, which are crucial for personal growth and community building.

As we look forward to the new school year, we are excited to announce a special event dedicated to celebrating female positive role models. Stay tuned for more details on this inspiring upcoming event.

Thank you to everyone who participated and made our celebration event a memorable occasion. Together, we continue to build a supportive and appreciative community.

HERON HALL SIXTH FORMERS SHINE IN ENFIELD YOUNG LECTURERS PROGRAMME

Our recent visit to Cadbury World was truly magical. From the moment we entered, the air was filled with the irresistible scent of chocolate, and our students' eyes sparkled with excitement.

We journeyed through the history of chocolate, learning about its fascinating origins and the intricate process of chocolate-making. Interactive exhibits and hands-on activities kept everyone engaged and eager to learn more.

Highlights of the trip included the **'Have a go Zone'**, where students unleashed their creativity by writing their names or drawing pictures with chocolate and practicing chocolate tempering. They also enjoyed a virtual ride in a Cadbury car, collecting virtual ingredients to make a virtual chocolate bar, and were rewarded with real chocolate treats upon success.

As the day ended, our students departed Cadbury World with smiles on their faces and bags filled with delicious treats. It was a memorable experience that sparked joy, curiosity, and a newfound appreciation for the sweetest of delights.



YEAR 12 BIOLOGY ECOLOGY FIELD TRIP

The Year 12 Biology students were impressive conducting their Ecological fieldwork. They all showed determination and resilience across the two days in the grassland area, forest, ponds and the classroom.

DAY 1

The morning started off with an introduction to the Centre and safety briefing, followed by a quadrat workshop in the Centre grounds, which will include the differences between closed, gridded, and point quadrats and how they can be used to estimate density, local frequency, and percentage cover.



We then went to the Pillow Mounds. The session looked at the impacts of soil compaction/depth on local frequency of a named plant species. They carried out systematic sampling in an area of open grassland looking at Sheep's Sorrel and Sand Spurry. Back at the classroom they analysed their data using Spearman's Rank to look for correlation between local frequency and the abiotic factor due to trampling.



YEAR 12 BIOLOGY ECOLOGY FIELD TRIPCONT

DAY 2

Beach Hill

We headed into a different part of the forest, where the students set up a capture, mark, release, recapture experiment using woodlice.

CAPTURE



MARK



RELEASE



RECAPTURE



YEAR 12 BIOLOGY ECOLOGY FIELD TRIP ...CONT

Lily Pond & Frog Pond

At each pond, they students initially performed site observations. They then planned an experimental method for comparing the biodiversity of freshwater invertebrates in two ponds, and formulated a hypothesis.

In the afternoon, students carried out their investigation of the two ponds using stratified sampling to evenly survey the 3 microhabitats (open water, vegetation and detritus).

They used a dichotomous key to identify and tally the invertebrates they captured.



Back in the classroom, they used the Simpson's Diversity Index to compare the biodiversity of the ponds and test students' hypotheses. We also finished the CMRR experiment and use the Lincoln Index to estimate the size of the woodlouse population.

The combination of fieldwork and classroom analysis offered our students a comprehensive learning experience. They gained practical skills in ecological research, from hypothesis formulation and data collection to species identification and statistical analysis. This hands-on approach not only enriched their understanding of freshwater biodiversity but also fostered a deeper appreciation for the complexity and interdependence of natural ecosystems.

RAISING AWARENESS IN THE PLAYGROUND

The Eco-Committee have been raising awareness of climate change in the playground in the last 3 weeks. So far we have visited the year 7 and the year 8 playground. This week we were in the year 9 playground and many students became engaged and wanted to test their knowledge with a chance to win a chocolate bar – but only if they could answer 5 questions correctly. We did allow them second chances to ensure that we were all learning while having fun. We created so much excitement even the teachers were having a go.



Would you have won a chocolate?

Here are 5 questions you can test yourself on before you check answers online:

1. How many trees are saved if a tonne of paper is recycled?
2. How many years does it take for an aluminium can to decompose?
3. Recycling one aluminium can of drink saves enough energy to run a television for how many hours?
4. Recycling 2 glass bottles saves enough energy to boil how many cups of tea?
5. If we harnessed all the wind around the UK. How much of our needs can be met by this energy?

Thank you all for helping us raise awareness. Please continue to use the recycling bins for paper and plastic bottles. Please be mindful to put rubbish in the bins to keep the environment attractive and healthy for all.

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

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

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.

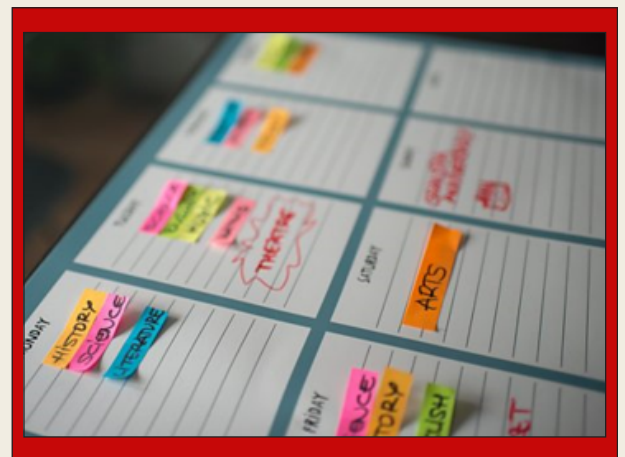
Study Spaces: Discuss with your child where they prefer to study and help them create a conducive environment. While bedrooms are common study spots, consider alternative locations like the kitchen table or a local library to minimise distractions.

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.

HELP US WIN £1,000 FOR OUR LIBRARY!



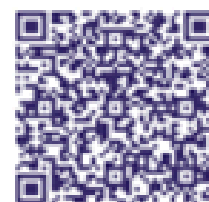
Nominate us at
nationalbooktokens.com/schools-prize
and you could win a £100 gift card!



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#rebuildthelibrary

JOIN US FOR 70+ ACTIVITIES OVER THE SUMMER



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FROM
Start
TO
Finish

SUMMER UNI 2024
FREE ACTIVITIES FOR YOUNG PEOPLE AGED 11-19 (UP TO 25 SEND) IN ENFIELD

WED 24 JULY - FRI 23 AUGUST

OUR EUROPEAN JOURNEY CELEBRATING HOST COUNTRIES OF THE OLYMPICS & EURO FOOTBALL CHAMPIONSHIPS

 @Youth_Enfield #supportingyoungenfield

Email: SUregistration@enfield.gov.uk

Register now: www.youthenfield.taptab.co.uk/summeruni24





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



SUMMER EVENTS



London's largest outdoor flea market comes to Meridian Water

On the 7 July you can attend London's largest outdoor flea market at The Drumsheds in Meridian Water. From 10am to 5pm, there will be over 200 of the UK's finest traders of vintage home decor and pedlars of preloved bargains. There will be a wide selection of unique finds, jewellery, furniture, unexpected oddities, and much more, making it the ideal location to refresh your living space with something old, that's new to you. Make sure to [secure your ticket to the Flea market at The Drumsheds on the Eventbrite website](#).



North London giants to visit Enfield Town FC

While Gareth Southgate's England squad is preparing for Euro 2024, Enfield Town FC are busy making their own preparations to welcome two Premier League giants to [The Dave Bryant Stadium](#) (formerly known as Queen Elizabeth II Stadium), for two prestigious pre-season friendly matches. First up are a Tottenham Hotspur XI on Saturday 13 July at 3pm followed by a visit from Arsenal U21 on Tuesday 16 July at 7.45pm. [Tickets are selling fast, so buy yours now](#) at £10 for adults, £5 for concessions (over 65 and students) and £1 for under 16s.

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 and practitioners.

[Early Help Directory](#)

ENFIELD...NEWS



Job seekers invited to Enfield's Recruitment Day

Sign up to the Enfield Recruitment Day, a fantastic opportunity to connect with top employers and explore exciting job prospects. The event will take place on 11 July at Southbury Leisure Centre and a wide range of industries will be represented including healthcare providers, construction companies and blue light services. There will also be CV surgeries and wellness sessions to make sure you are on the right track to get your dream job. So whether you're graduating from secondary school, are looking to switch careers or are ready for a new challenge, [book a free place today](#).



Enfield Climate Action Plan 2024 launch event

London Climate Action Week takes place from 22 to 30 June and Enfield Council is hosting a special event to launch the second edition of Enfield's Climate Action Plan 2024. Residents of all ages are invited to Edmonton Green Library on 22 June, from 11am to 3pm. From educational workshops on sustainability to fun bike repair sessions with Dr Bike, there will be activities around energy, recycling, food growing, active travel, and more. [You can read the updated Plan and find more information on the event online](#).

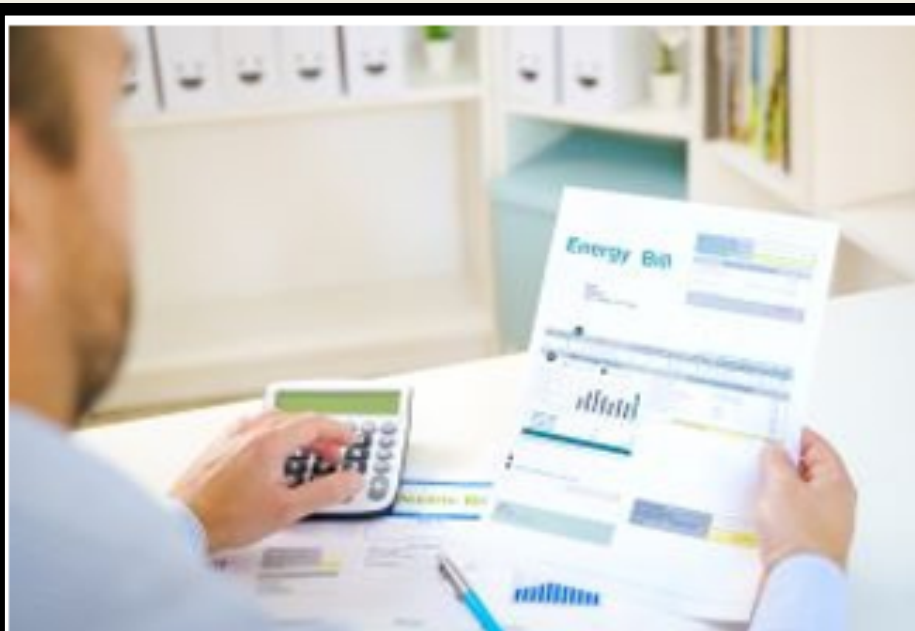


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FINANCIAL HELP



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 you make...

[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

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
ASSOCIATION OF YOUNG EXPERTS

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
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